

Be Careful

COPPER KNOB
BY STEPHENETS

拍數: 48 牆數: 3 級數: Intermediate
編舞者: Stella Kim (KOR) - January 2016
音樂: Be Careful - Jason Derulo



Intro: 16 counts - Sequence: Intro-48-32-Tag-48-48-40-32-48

SECTION 1: SIDE ROCK, RECOVER, 1/4 TURN R WITH FORWARD, 1/2 PIVOT TURN R, 1/2 TURN R WITH BACK WITH SWEEP, BACK WITH SWEEP, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER

1-2 RF side rock. LF recover
3-4& 1/4 turn R with RF forward, LF forward, pivot 1/2 turn R
5-6 1/2 turn R with LF back with RF sweep form front to back, RF back with LF sweep form front to back
7&8& LF rock back, RF recover, LF rock forward, RF recover(3:00)

SECTION 2: 1/4 TURN L WITH SIDE, ROCK BACK, RECOVER, SIDE, SIDE TOUCH, 1/4 TURN L WITH IN PLACE, SIDE TOUCH, ROCK FORWARD, RECOVER, BACK, COASTER STEP

1-2& 1/4 turn L with LF side, RF rock back, LF recover
3&4& RF side, LF side touch, 1/4 turn L with LF in place, RF side touch
5&6 RF rock forward, LF recover, RF back
7&8 LF back, RF beside LF, LF forward(9:00)

SECTION 3: PRESS, BACK, PRESS, ROCK BACK, RECOVER, FORWARD TOUCH, SIDE FLICK, FORWARD, ROCK FORWARD, RECOVER, 1/2 TURN R WITH FORWARD, FULL TURN R

1&2 RF press forward, RF back, LF press forward
3&4& LF rock back, RF recover, LF forward touch, 1/4 turn R with LF side flick
5-6& LF forward, RF rock forward, LF recover,
7-8& 1/2 turn R with RF forward, 1/2 turn R with LF back, 1/2 turn R with RF forward(6:00)

SECTION 4: (FORWARD, ROCK BACK, RECOVER) X2, ROCK FORWARD, RECOVER, BACK, BACK, HOOK, FORWARD, SIDE TOUCH

1-2& LF forward, RF rock back, LF recover
3-4& RF forward, LF rock back, RF recover
5&7 LF rock forward, RF recover, LF back with RF drag,
7&8& RF back, LF hook, LF forward, RF side touch(6:00) * Restart here

SECTION 5: 1/4 TURN R WITH FORWARD, 1/2 TURN R, JAZZ BOX, CROSS, 1/4 TURN L WITH FORWARD, 1/2 TURN L, JAZZ BOX, CROSS

1-2 1/4 turn R with RF forward, 1/2 turn R with LF beside touch RF
3&4& LF cross over RF, RF diagonal back, LF side, RF cross over LF
5-6 1/4 turn L with LF forward, 1/2 turn L with RF beside touch LF
7&8& RF cross over LF, LF diagonal back, RF side, LF cross over RF(6:00) * Restart here

SECTION 6: (DIAGONAL ROCK BACK, RECOVER, FORWARD) X2, ROCK FORWARD, RECOVER WITH 1/4 TURN R WITH SWEEP, SAILOR-STEP, CROSS

1&2 RF diagonal rock back, LF recover, RF forward
3&4 LF diagonal rock back, RF recover, LF forward
5-6 RF rock forward, LF recover with 1/4 turn R with RF sweep,
7&8& RF cross behind LF, LF side, RF side, LF cross over(9:00)

TAG(4 counts)

On the 2nd wall, you should dance until 32 counts and 4 counts of tag

1-2 RF forward, hold
3-4 LF forward, RF beside touch LF

RESTARTS:-

On the 5th wall, you should dance until 40 counts and start again

On the 6th wall, you should dance until 32 counts and start again

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Last Update - 31st Jan. 2016
