

Ladies Choice

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數:
編舞者: Sobrielo Philip Gene (SG) - April 2016
音樂: Ladies' Choice - Zac Efron : (Album: Hairspray)



Intro: 16 counts in @0.27

DOUBLE HEEL, DOUBLE TOE, KICK BALL STEP, TRIPPLE RUN

1-2 Step right heel forward twice (1-2)
3-4 Touch right toe back twice (3-4)
5&6 Kick right forward (5), step right beside left (&) step left forward (6),
7&8 Step right slightly forward (7), step left beside right (6), step right slightly forward(8) (12.00)
(On counts 7&8 its 3 tiny runs)

DOUBLE KICK, BEHIND SIDE CROSS, DOUBLE KICK, BEHIND SIDE CROSS

1-2 Kick left diagonally forward to left twice (1-2)
3&4 Step left behind right (3), step right to right (&), cross left over right (4)
5-6 Kick right diagonally forward twice (3-4)
7&8 Step right behind left (7), step left to left (&) cross right over left (8) (12:00)

SIDE ROCK ¼ COASTER, SIDE POINT HOLD, POINT SWITCHES

1-2 Rock left to left (1), recover weight onto right (2)
3&4 Making ¼ left step left back (3), step right beside left (&), step left forward (4) (9:00)
5-6 Point right to right (5) hold (6)
&7&8 Step right beside left (&), point left to left (7), step left beside right (&) point right to right (8)

CROSS ROCK SIDE SHUFFLE, CROSS ROCK, ½ SHUFFLE

1-2 Rock right over left (1), recover weight onto left (2)
3&4 Step right to right (3), step left beside right (&) step right to right (4) (9.00)
5-6 Rock left over right (5), recover weight onto right (6)
7-8 Making ¼ left step left slightly to left (7), step right beside left (&), making ¼ left step left forward (8) (weight on left)(3:00)

Restart:

Tag: After wall 2 (6:00) and 4 (12:00),

ROCK FORWARD, RECOVER, ROCK BACK STEP, TWIST, FLICK

1-2 Rock right forward (1), recover weight onto left (2)
3&4 Rock right back (3), recover weight onto left (&), step right beside left (4)
5&6&7 Twist to left(5), twist to right(&), twist to left(6) twist to right (&), twist to left (7)(weight on left)
8 Flick right to right

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