

You Gotta Relax

COPPERKNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
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音樂: Perm - Bruno Mars



****TAG: 64 Count Bridge happens Once ****

Start: Weight on R Foot

Walks, Mambo steps 1-8

1-4 Walks Forward L,R,L,R
6,5 Step Out to the left, Step back in
7,8 Step Out to the right, step back in

Back Walks into 1/2 turn facing 6:00 9-16

1-4 Walk Back L,R,L, R
5,6 Pivot 1/2
7,8 Step Out R, Step Out L

Body rolls for 4 Counts, Hip bumps for 4 counts 17-24

1,2 Body Roll L to R
3,4 Body Roll R to L
5,6 Hip Bumps L
7,8 Hip Bumps R

Extended V to the L Step 25- 32

1 Step to the L
2 cross Behind on the R
3 Step to the L
4 Cross in front R
5 Step to the L
6 Cross behind R
7 Step to the L
8 Larger Step Forward on R

TAG (Activate your Sex) 64 counts

Wall 9 after first 16 counts (Facing Back Wall)

B1: Jazz Box, Step Touch Step Touch 1-8

1 Cross R Foot over L
2 Step Back on L
3 Step to Side on R
4 Touch Left
5, 6 Step L Touch R
7, 8 Step R touch L

B2: Vine R Brush 1/2 turn Vine Left Brush 1/2 Turn 9-16

1 Step Right
2 Step behind R on L foot
3 Step right Pointing at 9:00
4 Brush Left foot while Turning 1/2 over R shoulder

You should be facing 12:00

5 Step L

- 6 Step behind L on R foot
7 Step L Pointing at 9:00
8& Brush R foot while Turning 1/2 over L shoulder Placing all weight on L Foot
You should be facing 6:00

B3: Weight changes/Body Rolls, Body Rolls 17-24

- 1 Lean Forward on R while bumping Hip to R
2 Lean Back on L while bumping Hip to L
3 Lean Forward on R while bumping Hip to R
4 Lean Back on L while bumping Hip to L
5,6 Body roll for 2 counts
7,8 Body roll for 2 counts

B4: Traveling heel switches 25-32

- 1,2 L Heel Switch R Heel Switch
3,4 Heel L Heel R While making a quarter turn over L Shoulder
5,6,7,8 Continue switches Traveling another quarter L,R,L, R (Weight ends on L)

B5 to B7[33-56]: Repeat counts B [1-24]

B8: Traveling Heel Switches Over R 57-64

- 1,2 R Heel Switch L Heel Switch
3,4 Heel R Heel L While making a quarter turn over R Shoulder
5,6,7,8 Continue Traveling another quarter R,L,R,L (Weight ends on R)

Restart dance

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