

Wrapped Up

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Audrey Turnbull (UK) - June 2017
音樂: Wrapped Up - Olly Murs



OUT, OUT, BALL STEP, ROCK FORWARD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER

- & 1 & 2 Right foot step out to right, left foot out to left side, step onto ball of right foot, step forward onto left foot;
- 3 - 4 Rock forward onto right foot, recover onto left;
- 5 & 6 Shuffle back right, left right,
- 7 - 8 Rock back onto left foot, recover onto right

LEFT SIDE, BEHIND AND ACROSS, SIDE, RIGHT SAILOR STEP. LEFT SAILOR STEP

- 1 - 2 Step left foot to left side, step right foot behind left;
- & 3 - 4 Step left foot to left side, cross right foot over left, step left foot to left side;
- 5 & 6 Step right foot behind left foot, left foot to left side, right foot beside left;
- 7 & 8 Step left foot behind right foot, right foot to right side, left foot beside right.

SHUFFLE BACK, ROCK BACK, RECOVER, STEP, ½ TURN, KICK AND POINT

- 1 & 2 Shuffle back right, left, right;
- 3 - 4 Rock back on left foot, recover onto right;
- 5 - 6 Step forward on left foot, ½ turn to right stepping onto right foot;
- 7 & 8 Kick with left foot, step onto left foot, point right foot out to right side.

STEP FORWARD, POINT, STEP BACK, POINT, HIPS FORWARD FOR TWO AND BACK FOR TWO

- 1 - 2 Step forward onto right foot, point left foot to left side;
- 3 - 4 Step back onto left foot, point right foot to right side;
- 5 & 6 Push right hip forward, back and forward;
- 7 & 8 Push left hip back, forward and back.

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