

The Bruk Out

COPPER KNOB
STEPSHEETS

拍數: 32

牆數: 4

級數: Non Country Newcomer – Novice -
Funky



編舞者: Paul Steinborn (DE) - July 2017

音樂: The Bruk out Song - RDX

STEP HITCH 3x/ RUN BACK R+L+R/ STEP OUT/ KNEE TWIST/ BODY PUSH

- 1,2 RF Step diagonal forward, LF Step together, RF hitch
&3&4 RF Step diagonal forward, LF Step together, RF hitch, RF Step diagonal forward, LF Step together, RF hitch
5&6 Step backwards on RF, Step backwards on LF, Step backwards on RF,
&7&8 Step out on LF Turn both knees to middle, Turn both knees out, Push Body forward

SIDE ROCK R/ SIDE ROCK L/ STEP FORWARD, ¼ TURN R, BEHIND, ¼ TURN R WITH STEP TOGETHER LF,

- 1,2& Rock RF to R side, Recover onto L, Close RF next to L
3,4& Rock LF to L side, Recover onto R, Close LF next to R
5,6 Step forward RF, ¼ Turn R with Side LF
7,8 Cross RF behind LF, ¼ Turn L with Step together LF next to RF

LOCK STEP R+L/ OUT 2x/ IN 2x/

- 1,2& Step R diagonal forward, Lock L behind R, Step R diagonal forward
3,4& Step L diagonal forward, Lock R behind L, Step L diagonal forward
5&6& Step R heel to right side, Step L heel to left side, Step R back to centre, Step L next to R
7&8& Step R heel to right side, Step L heel to left side, Step R back to centre, Step L next to R

¼ PIVOT TURN L 2x/ OUT – OUT – IN – IN WITH ¼ TURNL (WITH SHAKING THE BODY)

- 1,2 R Step forward, ¼ Turn L, Step LF to L
3,4 R Step forward, ¼ Turn L, Step LF to L
5&6& Step RF to right side, Step LF to left side with 1/8 Turn L (with shaking the Body)
7&8& Step RF back to centre, Step LF back to centre with 1/8 Turn L (with shaking the Body)

Have Fun while you dancing!

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