

Room To Breathe

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Conrad Farnham (USA) - September 2017
音樂: Room To Breathe - Chase Bryant



HIP BUMPS X 2, ROLL HIPS X 2

1-4 Bump hips right x 2, bump hips left x 2
5-8 Roll hips x 2

SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, HIP PUSHES X 2 WITH CLAPS

1&2,3&4 Shuffle forward, right, left, right, shuffle forward, left, right, left
5-8 Rock right forward and out to the right while pushing right hip forward, recover on left and clap, repeat

SHUFFLE BACK RIGHT, SHUFFLE FORWARD LEFT, HIP PUSHES X 2 WITH CLAPS

1&2,3&4 Shuffle back, right, left, right, shuffle back, left, right, left
5-8 Rock right back and out to the right while pushing right hip back, recover on left and clap, repeat

LINDY, ROCK RECOVER X 2

1&2,3,4 Step right to right, step left next to right, step right to right, rock back on left, recover on right
5&6,7,8 Step left to left, step right next to left, step left to left, rock back on right, recover on left

ROCK, RECOVER, TRIPLE STEP X 2

1,2,3&4 Rock right to right, recover on left, triple step right, left, right
5,6,7&8 Rock left to left, recover on right, triple step left, right, left

HIP ROLLS ¼ TURN LEFT, ROCKING CHAIR

1-4 Step forward right and roll hips x 2 finishing with ¼ turn left
5-8 Rock forward right, recover on left, rock back right, recover on left

Begin again

No Tags, No Restarts

Last Update – 23rd September 2017
