

Work From Home

COPPER **KNOB**
BY SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Maryloo (FR) - November 2017
音樂: Work from Home - Fifth Harmony



Intro : 16 counts

S1: DIAGONALLY FORWARD : STEP, LOCK, STEP, LOCK, STEP (R & L)

1-2 Step R diagonally forward, lock L behind R (popping R knee forward)
3&4 Step R forward, lock L behind R, step R forward
5-6 Step L diagonally forward, lock R behind L (popping L knee forward)
7&8 Step L forward, lock R behind L, step L forward

S2: CROSS MAMBO (R & L), STEP, PIVOT ½ TURN TO L, SKATE (R & L)

1-2& Cross R over L, recover on L, step R to side
3-4& Cross L over R, recover on R, step L to side
5-6 Step R forward, pivot ½ turn to L (weight on L) (6.00)
7-8 Skate R forward, skate L forward

S3: R CROSS ROCK , SAILOR ¼ TURN R, L CROSS ROCK, SAILOR ½ TURN L

1-2 Cross rock R over L, recover on L,
3&4 Step R behind L, ¼ turn R and step L next to R, step R forward (9.00)
5-6 Cross rock L over R, recover on R
7&8 Step L behind R, ½ turn to L and step R next to L, step L forward (3.00)

S4: R JUMP FORWARD, HOLD, L JUMP FORWARD, HOLD, JUMP FORWARD, JUMP BACKWARD, BALL-CROSS, UNWIND ½ TURN R

&1-2 Jump R forward, close L next to R, hold (make a little bounce in the body)
&3-4 Jump R forward, close L next to R, hold (make a little bounce in the body)
&5&6 Jump R forward, close L next to R, Jump R back, close L next to R
&7-8 Step/ball R next to L ,cross L over R, Unwind ½ turn R (weight on L) (3.00)

Restart 1 : During wall 4 (that begins at 3.00) after 16 counts (9.00)

Restart 2 : During wall 8 (that begins at 12.00) after 16 counts (6.00)

FINAL : During wall 13, make the 4 first counts , then make a step ½ turn to right (facing 12.00)

1-2 Step R diagonally forward , lock L behind R (popping R knee forward)
3&4 Step R forward, lock L behind R, step R forward
5-6 Step L forward , pivot ½ turn R (weight on R) (12.00)

Contact Choreographer : Maryloo : malouwin@hotmail.fr - WEBSITE : www.line-for-fun.com

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