

You Can Do This

COPPER **NOB**
BY STEPHEN

拍數: 30 牆數: 3 級數: Intermediate
編舞者: Kristen Flood (AUS) & David Hoyn (AUS) - March 2018
音樂: Lipstick - Dan + Shay : (Album: Obsessed - 3:30)



Start weight on L. Commence dance at 0:13 on the lyric 'Friday'.

(1-8) SIDE ROCK, REPLACE, STEP, CROSS, HINGE, HEEL BOUNCE

- 1, 2 & 3, 4 Rock R to R side, replace L to L side, step R next to L, cross L over R, stepping R to R side making ½ hinge turn (6:00), step L to L side making
5, 6, 7, 8 Bounce L heel x4 while L hand travels from shoulder to waist for the 4 beats

(9-16) STEP, SWEEP, CROSS, SIDE, SWEEP, BEHIND QUARTER, ROCK REPLACE, TOGETHER PIVOT HALF

- 1, 2 & 3, 4 & Step R fwd sweeping L to L side, step L across R, step R to R side, step L back, sweep R behind L taking weight, step L fwd making ¼ L (3:00)
5, 6 & 7, 8 Rock R fwd, replace L back, step R next to L, step L fwd making ½ pivot R (9:00), step R fwd

(17-24) WALK, WALK, DIAGONAL SHUFFLE, STEP ½ TURN SWEEP BEHIND, SIDE, CROSS

- 1, 2, 3 & 4 Travelling fwd Step L across R, travelling fwd step R across L, travelling diagonally fwd (10:30) step L across R, step R next to L, step L fwd
5, 6 & 7, 8 Step R fwd at 9:00 wall, pivot ½ turn L sweeping L to L side (3:00), step L behind R & step R to R side, Cross L over R, replace R back

(25-30) QUARTER TURN LEFT, WALK FWD R WALK FWD L. NIGHT CLUB BASIC R, NIGHT CLUB BASIC L.

- & 1, 2, 3, 4 & Step L fwd making ¼ turn L (12:00), walk fwd R, walk fwd L, Long step R to R side, rock L behind R, & Step fwd on R
5, 6 & Long step L to L side, Rock R behind L, & Step fwd on L

RESTART DANCE (12:00)

Tag: At the end of walls 2, 5 & 8 add the following 2 counts:

- 1-2 Step R to R side swaying hips R, replace L to L side swaying hips L

Restarts:-

Wall 3 – dance to count 8, then restart (6:00)

Wall 4 – dance to count 24&, then step L next to R to restart on R (3:00)

Wall 6 – dance to count 26 and restart dance (3:00)

Wall 7 – dance to count 16, then step L next to R to restart (6:00)

Enjoy

Last Update - 24th April 2018

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