

My Rainbow

COPPER KNOB
BY STEPHANIE

拍數: 32 牆數: 2 級數: Beginner +
編舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - March 2018
音樂: Rainbow - Sia : (amazon)



Start : On the lyric (8 count)

[1-8] : Mambo, Walk Backx2, Mambo, Triple step

1&2 RF FW, recover to the LF, RF back
3-4 LF back, RF back
5&6 LF back, recover to the RF, LF FW
7&8 RF FW, LF next to RF, RF FW

[9-16] Triple step ¼ L, Point FW, Point R, Knee pop, Chassé L, Point touch, Step

1&2 Make ¼ L with triple step L (LF FW, RF next to LF, LF FW)
3&4 Point RF FW, Point RF to the R side, RF next to LF with knee pop L
5&6 Chassé L to the L side (LF to the L side, RF next to LF, LF to the L side)
7&8 Point RF FW, Touch RF next to LF, RF to the R side

[17-24] Rock-step, Step, Rock-step, Touch, Out, Walk Backx2

1&2 LF behind RF, Recover to the RF, LF to the L side
3&4 RF behind LF, Recover to the LF, Touch RF next to LF
5-6 RF out to the R diagonal FW, LF out to the L diagonal FW
7-8 RF back, LF back

[25-32] Coaster-step, Triple step, Pivot ¼ L, Rocking-chair

1&2 RF back, LF next to RF, RF FW
3&4 LF FW, RF next to LF, LF FW
5-6 RF FW, Turn ¼ L (weight is on LF)
7&8& RF FW, recover to the LF, RF back, recover to the LF

NOTA : (RF = Right foot ; LF = Left Foot ; FW = Forward) Smile and enjoy the dance Contact :

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