

Northwest Shake

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數:
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音樂: Trouble Maker - LANCO



#16 Count Intro

(1-8) Left Foot Lead

1, 2 Rock forward L, Recover R
3&4 Shuffle back L,R,L
5, 6 Full turn, clockwise. R, face back, L, face forward. Left foot lands behind right.
& 7 & 8 hop R back, L heel out, L step, R together

(9-16) L Foot Lead

1, 2 Walk forward L then R
& 3 & 4 Step out to left L, step out to right R, Step in L, Cross R in front of left
5, 6 Unwind $\frac{3}{4}$ turn counter clockwise
7, 8 Shake hips twice

(17-24) R Foot Lead

1 & 2 & Touch R toe forward, step R , Touch L toe forward, Step L
3 & 4 & On the ball of R toe, swivel heel in and back twice
5 & 6 & Repeat [1 & 2 &] starting with the L foot
7 & 8 & Repeat [3 & 4 &] starting with the L foot

(25-32) R Foot Lead - 3/4 Counter Clockwise turn using 4 sailor steps

1 & 2 $\frac{1}{4}$ turn sailor step (cross step R behind L, Slight step to left on L, Step together R)
3 & 4 $\frac{1}{4}$ turn sailor step (cross step L behind R, Slight step to left on R, Step together L)
5 & 6 $\frac{1}{4}$ turn sailor step (cross step R behind L, Slight step to left on L, Step together R)
7 & 8 $\frac{1}{4}$ turn sailor step (cross step L behind R, Slight step to left on R, Step together L)

(33-40) R Foot Lead

1 & 2 & Touch R toe forward, step R , Touch L toe forward, Step L
3, 4 Touch R toe out to the right, Hitch right knee in and across to the left
5 & 6 Shuffle to the right (R, L, R)
7, 8 Rock L behind R. Recover onto R foot

(41-48) L Foot Lead

1 & 2 Shuffle to the left (L, R, L)
3, 4 Rock R behind L. Recover onto R foot, turning your body $\frac{1}{4}$ clockwise
5, 6, 7, 8 Step forward R, pivot half, Step forward R, pivot half (completing a full counter clockwise turn)

(49-56) R Foot Lead

1, 2 Take large diagonal step forward to the right on R foot
3, 4 Shake hips twice
5, 6 Take large diagonal step forward to the left on L foot
7, 8 Shake hips twice

(57-64) R Foot Lead

1 & 2 Kick forward R, Touch L toe back
3 & 4 Kick forward L, Touch R toe back
5, 6 Kick forward R, kick forward L

7, 8 Hook R toe behind left foot, unwind clockwise $\frac{1}{2}$ turn ending on R foot

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