

Mixed Emotions

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Debra McSwain - September 2018
音樂: Mixed Emotions - Lesa Hudson : (CD: Life in the Key of Lesa)



#16 count intro – No tags, No Restarts

Sec 1: BOOGIE WALK BACK, KICK BALL CHANGE, X2

1-4 Walk back with style right, left, right, left
5&6 Kick right forward, step right, step left together
7&8 Kick right forward, step right, step left together (12:00)

Sec. 2: GRAPEVINE RIGHT WITH KICK, GRAPEVINE LEFT WITH TOUCH

1-4 Step right to right side, left behind right, right to right side, kick left forward
5-8 Step left to left side, right behind left, left to side, touch right beside left (12:00)

Sec. 3: HIP BUMPS FORWARD

1&2 Step forward on right as you bump right-left-right
3&4 Step forward on left as you bump left-right-left
5&6 Step forward on right as by bump right-left-right
7&8 Step forward on left as you bump left-right-left (12:00)

Sec. 4: JAZZ BOX, CROSS, UNWIND WITH 3 PIVOT HEEL BOUNCES FOR ½ TURN

1-4 Step right across left, step left back, step right beside left, step left together
5 Cross right foot across left
6-7-8 3 pivot heel bounces to unwind making ½ turn, weight on left (6:00)

Start again

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