

The Frim Fram SAUCE

COPPER KNOB
STEPPEDETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Val Saari (CAN) - December 2018
音樂: Frim Fram Sauce - Mary Ann Mangini



SIDE TOE-STRUTS RIGHT, LINDY RIGHT

1-2 Touch RF toes to right side, Step RF heel down
3-4 Touch LF toes beside RF, Step LF heel down
5&6 Shuffle right, RLR
7-8 Rock back on LF, Recover on RF

TOE-STRUTS FWD X 2 (R L), SHUFFLE FWD LRL, RF ROCK/RECOVER

1-2 Touch LF toes forward, Drop heel
3-4 Touch RF toes forward, Drop heel
5&6 Shuffle forward LRL
7-8 Rock RF forward, Recover LF

STEP BACK, KICK X 2 (RL) SHUFFLE BACK RLR, LRL PIVOT 1/2 L

1-2 RF Step back, Kick LF Forward
3-4 LF Step back, Kick RF Forward
5&6 Shuffle back RLR
7&8 Shuffle back LRL Pivot 1/2 L

MAMBO RIGHT, KICK, MAMBO LEFT, HIP BUMPS

1-2 RF Rock side right, LF recover
3-4 RF close together beside L, Kick LF forward
5-6 LF Rock side left, RF recover
7-8 LF close together & Bump hips R, Bump hips L

REPEAT - No Tags, No Restarts

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