

Life is a ROLLERCOASTER!

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Val Saari (CAN) - January 2019
音樂: Life Is a Rollercoaster - Ronan Keating



SIDE STRUT, CROSS STRUT, R SIDE MAMBO (CHA CHA CHA)

1-2 Step RF toes to R side, Drop heel down
3-4 Cross LF toes over RF, Drop left heel down
5-6 RF Rock side right, LF recover
7&8 Step RF beside Left, Step LF in place, Step RF in place (cha, cha, cha)

SIDE STRUT, CROSS STRUT, L SIDE MAMBO (CHA CHA CHA)

1-2 Step LF toes to L side, Drop heel down
3-4 Cross RF toes over LF, Drop left heel down
5-6 LF Rock side left, RF recover
7&8 Step LF beside Right, Step RF in place, Step LF in place (cha, cha, cha)

RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L

1&2 Step RF forward, Step LF beside R, Step RF forward
3-4 Step LF forward, Pivot 1/2 R
5&6 Step LF forward, Step RF beside L, Step LF Forward
7-8 Step RF forward, Pivot 1/4 L

RF ROCKING CHAIR, STEP-TOUCHES R,L

1-4 Rock RF forward, Recover Left, Rock RF back, Recover Left
5-8 Step RF right, Touch LF beside R, Step LF left, Touch RF beside L

REPEAT - No Tags, No Restarts

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