

This Is The Rhythm

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 0 級數: Phrased Easy Intermediate
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音樂: RITMO (Bad Boys For Life) - Black Eyed Peas & J Balvin



Sequence : AAB,A 1/2 A Tag1, AAB, AA Tag2, AA

PART A:

[1 – 8] WALK 2X IN DIAGONAL, TOE STRUT WITH HIP BUMP, 3/8 TURN WITH SWEEP, WEAVE

- 1 – 2 Step RF forward in R diagonal, Step LF forward 1:30
3 – 4 Press ball of RF forward with R hip bump, Step down on RF 1:30
5 – 6 Turn 3/8 L stepping LF slightly forward and sweeping RF from back to front, Cross RF over LF 9:00
7 - 8& Step LF to L, Cross RF behind LF, Step LF to L 9:00

[9 – 16] CROSS ROCKSTEP 2X WITH BODYROLL, STEPTURN5/8, OUT OUT IN CROSS

- 1 - 2 Cross rockstep RF over LF starting bodyroll, Recover on LF and finish bodyroll 7:30
3 - 4 Cross rockstep RF over LF starting bodyroll, Recover on LF and finish bodyroll 7:30
5 – 6 Step RF forward, Turn 5/8 L stepping slightly forward on LF 12:00
7&8& Step RF out, Step LF out, Step RF in, Cross LF over RF 12:00

[17 – 24] SAMBA BASIC 2X, TURN 1/4 SIDE, WEAVE, SIDE

- 1-2& Step RF to R, Step LF on ball together with RF, Cross RF over LF 12:00
3-4& Step LF to L, Step RF on ball together with LF, Cross LF over RF 12:00
5 Make 1/4 turn L stepping RF to R 9:00
6&7-8 Cross LF behind RF, Step RF to R, Cross LF over RF, Step RF to R 9:00

[25 – 32] SIDE, 1/4 TURN FORWARD, STEP TURN 1/2, FORWARD, REVERSE PADDLE 3X

- 1-2-3-4 Step LF to L, Turn 1/4 R stepping RF forward, Step LF forward, Turn 1/2 R stepping down on RF 6:00
5 Step LF forward 9:00
6-7-8 Press ball of RF turning 3/8 R, Press ball of RF turning 3/8 R, Press ball of RF turning 3/8 R 1:30

PART B:

[1 – 8] ¼ TURN STEP SIDE WITH SHIMMIES 4X

- 1 – 2 Turn ¼ R stepping R to R with shimmy shoulders, Hold 3:00
3 – 4 Turn ¼ R stepping L to L with shimmy shoulders, Hold 6:00
5 – 6 Turn ¼ R stepping R to R with shimmy shoulders, Hold 9:00
7 – 8 Turn ¼ R stepping L to L with shimmy shoulders, Hold 12:00

[9 – 16] MAMBO STEPS 3X, RUN 3X, TOUCH

- 1&2 Mambo RF forward, Recover on LF, Step RF together with LF 12:00
3&4 Mambo LF backwards, Recover on RF, Step LF together with RF 12:00
5&6 Mambo RF to R, Recover on LF, Step RF together with LF 12:00
7&8& Small step LF forward, Small step RF forward, Small step LF forward, Touch RF together with LF 12:00

TAG 1: Starts facing 6:00, after count 16 of Part A

[1 – 8] STEP TURN ½, OUT-OUT with arms, IN-IN with arms, JUMP 2X with arms

- 1 – 2 Step RF forward, Turn ½ L stepping on LF 12:00
3 – 4 Step RF out with R hand going up in diagonal, Step LF out with L hand going up in diagonal 12:00

- 5 – 6 Step RF in with R hand on the waist, Step LF in with L hand on the waist 12:00
7 – 8 Jump with both hands going up, Jump with both hands going up 12:00

TAG 2: Starts facing 12:00

[1 – 8] ROCK STEP, OUT-OUT with arms, IN-IN with arms, JUMP 2X with arms

- 1 – 2 Rock RF forward, Recover on LF 12:00
3 – 4 Step RF out with R hand going up in diagonal, Step LF out with L hand going up in diagonal
12:00
5 – 6 Step RF in with R hand on the waist, Step LF in with L hand on the waist 12:00
7 – 8 Jump with both hands going up, Jump with both hands going up 12:00
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