

Mang Chung

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sally Hung (TW) - December 2019
音樂: Mang Chung (芒種) - Noisemakers (嘿人李達)



Sequence of dance:

Restart after finishing 20 counts of Wall 5, facing 6:00

Tag after finishing Wall 7, facing 12:00

Intro: 20 counts after the 1st beat of musical instrument

Tag (4 counts): Rock Fwd, Recover, Together, Rock Fwd, Recover, Together

1&2 Rock R fwd, recover onto L, step R beside L

3&4 Rock L fwd, recover onto R, step L beside R

Main Dance (32 counts)

S1. CROSS STEP, CROSS STEP, POINT OUT, POINT IN, SIDE, BACK, BACK, ½ L SHUFFLE FWD

1,2,3&4 Step R in front of L, step L in front of R, point R out to R, point R beside L, step R to R side

5,6,7&8 Step back on L, step back on R, ½ turn L shuffle fwd on LRL

S2. CROSS ROCK RECOVER, SIDE ROCK RECOVER, CROSS ROCK RECOVER, SIDE, CROSS, SIDE, CROSS, SIDE, CROSS

1&2& Cross rock R over L, recover onto L, rock R to side, recover onto L

3&4 Cross rock R over L, recover onto L, step R to side

5,6,7&8 Cross step L over R, step R to R, cross step L over R, step R to R, cross step L over R

S3. KICK BALL TOUCH, KICK BALL TOUCH, RUN BACK, COASTER STEP

1&2 Kick R fwd, step on ball of R, touch L to L side

3&4 Kick L fwd, step on ball of L, touch R to R side

5&6 Run back on R-L-R

7&8 Step back on L, step R together, step L fwd

S4. TOE, HEEL, STOMP, FWD, SWIVELS, FWD, PIVOT ¼ TURN L, ROCK FWD, RECOVER, POINT

1&2 Touch R toe fwd, touch R heel in place, stomp R

3&4 Step L fwd with both heels swivels LRL

5,6 Step R fwd, Pivot ¼ turn L

7&8 Rock R fwd, recover onto L, point R toes to R side

Happy Dancing!!

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