

Calorie

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Phrased Beginner +
編舞者: Angéline Fourmage (FR) - February 2020
音樂: Calorie (卡路里) - Rocket Girl 101 (火箭少女101)



Sequence : A-16-A-A-B-B-20-A-A-B-B-A-Tag-B-B-A
Start : 16 sec approximately

Part A (32 Counts)

[1-8] Walk, Together, Point, Together, Point, Together

1-2 RF FW, LF FW
3-4 RF FW, LF next to LF
5-6 Point RF to the R side, RF next to LF
7-8 Point LF to the L side, LF next to RF

[9-16] Walk, Together, Point, Together, Point, Together

1-2 RF FW, LF FW
3-4 RF FW, LF next to LF
5-6 Point RF to the R side, RF next to LF
7-8 Point LF to the L side, LF next to RF

[17-24] Vine ¼ R, Forward, Stomp Up, Hitch, Stomp Up, Hitch

1-2 RF to the R side, Cross LF behind RF
3-4 Make ¼ R with RF FW, LF FW
5-6 Stomp Up to R side, R Hitch FW
7-8 Stomp Up to R side, R Hitch FW

[25-32] Side, Hitch, Stomp Up, Hitch, V-Step, Touch

1-2 RF to R side, L Hitch FW
3-4 Stomp Up to L side, L Hitch FW
5-6 LF FW on L diagonal, RF FW on R diagonal
7-8 LF Back, Touch RF next to LF

Part B (32 Counts)

[1-8] Side, Touch, Side, Touch, Side, Touch, Hip Push, Side, Touch, Side, Touch, Side, Touch, Hip Push

&1&2& RF to R side, Touch LF next to RF, LF to the L side, Touch RF next to LF
3&4& Touch LF next to RF, Push L Hip Up, Push L Hip Down, LF to L side
5&6& Touch RF next to LF, RF to the R side, Touch LF next to RF
7&8 Touch RF next to LF, Push R Hip Up, Push R Hip Down

[9-16] Side, Kick, ¼ L, Kick, Side, Kick, Side, ¼ L, Kick

1-2 RF to R side, L Kick before RF
3-4 Make ¼ L with LF FW, R Kick before LF
5-6 RF to the R side, L Kick before RF
7-8 Make ¼ L with LF FW, R Kick before LF

[17-24] Step-turn ½ L, Walk, Mambo, Mambo

1-2 RF FW, Make ½ L (Weight is LF)
3-4 RF FW, LF FW
5&6 RF FW, Recover to LF, RF Back
7&8 LF Back, Recover to RF, LF FW

[25-32] Step-turn ½ L, Walk, Mambo, Mambo

1-2 RF FW, Make $\frac{1}{2}$ L (Weight is LF)
3-4 RF FW, LF FW
5&6 RF FW, Recover to LF, RF Back
7&8 LF Back, Recover to RF, LF FW

Tag : 4 counts ; V-Step

1-2 RF FW on R diagonal, LF FW on L diagonal
3-4 RF Back, LF next to RF

Smile and enjoy the dance

Contact: maellynedance@gmail.com
