

Bleeding Love

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Julee Hansel (INA) - April 2020
音樂: Bleeding Love - Ni/Co : (Leona Lewis Cover)



Dance Sequence : A A B A A B A

Start dance after 32 counts, start moving on lyric - No Tag, No Restart

SEQUENCE A

Section 1: Slide, Cross Behind, ¼ Turn R, Forward Step (R L), Push to Back, Moon Walk, ¼ Turn L, Sway (L R)

- 1 2 & Slide RF to R, drag LF slightly cross behind RF, turn ¼ to R step RF fwd (3.00).
- 3 - 4 Step LF fwd & RF on bold, step & push RF to back then drag LF next to RF.
- 5 - 6 Continue drag LF and step to back, drag RF to back (moon walk).
- 7 - 8 Turn ¼ to L step LF to L with sway, recover on RF with sway (12.00).

Section 2: Slide, Cross Behind, ¼ Turn L, Forward Step (R L), Push to Back, Moon Walk, ¼ Turn R, Sway (R L)

- 1 2 & Slide LF to L, drag RF slightly behind LF, turn ¼ to L step LF fwd (9.00).
- 3 - 4 Step RF fwd & LF on bold, step & push LF to back then drag RF next to LF.
- 5 - 6 Continue drag RF and step to back, drag LF to back (moon walk).
- 7 - 8 Turn ¼ to R step RF to R with sway, recover on LF with sway (12.00).

Section 3: Rock to back, Forward Cha-Cha Lock, Rock to front, Backward Cha-Cha Lock

- 1 - 2 Step RF to back, recover on LF.
- 3 & 4 Step RF fwd, step LF behind RF on bold, step RF fwd.
- 5 - 6 Step LF fwd, recover on RF.
- 7 & 8 Step LF to back, cross RF in front of LF on bold, step LF to back.

Section 4: Step & Hold, Recover & Hold, Body Wave (R L Up & Down)

- 1 - 2 Step RF with upper body to R while both hands moving to L, hold.
- 3 - 4 Move upper body & body weight to L while both hands moving to R, hold.
- 5 Move upper body to R & downward with flexible knees while both hands moving to L.
- 6 Move upper body to L & downward with flexible knees while both hands moving to R.
- 7 Move upper body to R & upward with flexible knees while both hands moving to L.
- 8 Move upper body to L & upward with flexible knees while both hands moving to R.

SEQUENCE B

Section 1: Cross Touch, Hitch & ¼ Turn R, V Step

- 1 - 2 Cross touch RF over LF (10.30), RF touch to back.
- 3 - 4 Cross touch RF over LF, squaring & hitch R knee then turn ¼ to R and step RF to R (3.00).
- 5 - 6 Step LF out to L, step RF out to R.
- 7 - 8 Step LF inward, Step RF next to LF.

Section 2: Cross Touch, Hitch & ¼ Turn L, V Step

- 1 - 2 Cross touch LF over RF (4.30), Cross touch LF to back.
- 3 - 4 Cross touch LF over RF, squaring & hitch L knee then turn ¼ to L and step LF to L (12.00).
- 5 - 6 Step RF out to R, step LF out to L.
- 7 - 8 Step RF inward, Step LF next to RF.

Section 3: Side Touch with Bump (R L), ¼ Turn L & Side Touch with Bump (R L)

- 1 - 2 Step RF to R, step LF on bold with hip bump.
- 3 - 4 Recover on LF, step RF on bold with hip bump.

- 5 – 6 Turn ¼ to L & step RF to R, step LF on bold with hip bump (9.00).
7 – 8 Recover on LF, step RF on bold with hip bump.

Section 4: ¼ Turn L & Side Touch with Bump, Side Mambo (R L)

- 1 – 2 Turn ¼ to L & step RF to R, step LF on bold with hip bump (6.00).
3 – 4 Recover on LF, step RF next to LF.
5 & 6 Step RF to R, recover on LF, step RF next to LF.
7 & 8 Step LF to L, recover on RF, step LF next to RF.

Happy Dancing - Life is Beautiful

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