

Hello Mary

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Erni Jasin (INA) - June 2020
音樂: Hello Mary Lou - Band4Dancers



NO TAGS, NO RESTARTS !!!

Music intro : 8 Counts

SEC 1 : CHARLESTON STEP, LOCK SHUFFLE, PIVOT 1/4 TURN R, CLOSE

1 - 2 Swing RF fwd, Step RF back
3 - 4 Swing LF back, Step LF fwd
5&6 Step RF fwd, Step LF behind R, Step RF fwd
7&8 Step LF fwd, Make 1/4 turn R Step RF in place, Close L (3:00)

SEC 2 : KICK FWD, KICK SIDE, COASTER STEP, VOLTA 1/2 L

1 - 2 Kick RF fwd, kick RF to side R (Option Touch fwd, Touch side)
3&4 Step RF back, Step LF back next to R, Step RF fwd
5&6& Make 1/4 turn L Step on LF, RF ball step behind L, L Step on LF, RF ball step behind L
7&8 1/4 turn L Step on LF , RF Ball step Behind L (9:00)

SEC 3: STAGGERED RUMBA BOX, MAMBO R, 1/4 TURN L COASTER STEP

1&2 Step RF to side, LF together, Step RF fwd
3&4 Step LF to side, RF together, Step LF fwd
5&6 Rock RF fwd, Recover L, Rock RF back
7&8 Make 1/4 turn L Step LF Back, Step RF back next to L, Step LF fwd (6:00)

SEC 4: HIP BUMPS, SQUARE TURN,

1 - 2 Step RF to R side hip bump, Step RF in place (Weight on R)
3 - 4 Hip bump L, Step LF in place (Weight on L)
5 - 6 1/4 turn L Slide RF to R side (3:00), 1/4 turn L Slide LF to L side (12:00)
7 - 8 1/4 turn L Slide RF to R side, Close L (9:00)

Have Fun & Happy Dancing

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Last Update - 29 June 2020