

Be Kind to the One You LOVE ..

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Val Saari (CAN) - July 2020
音樂: Be Kind - Marshmello & Halsey



Begin after 8 counts

BALL ROCK-STEP BACK/RECOVER LF, MAMBOS FWD/BACK, PRISSY WALKS RLR

&1 Rock quickly back on ball of RF (&), Recover LF
2&3 Rock forward on RF, Recover LF, Step back on RF
4&5 Rock back on LF, Recover RF, Step LF forward
6-7-8 Cross RF over left, pointing R toes left, Cross LF over right, pointing LF toes right (7), Cross RF over left, pointing R toes left

KICK TWICE, COASTER STEP, CROSS UNWIND 1/2 L, HEEL TWISTS RL

1-2 Kick LF forward twice
3&4 Step LF back, Close RF beside L, Step LF forward
5-6 Cross RF over L, Unwind 1/2 turn left
7-8 Twist heels right, Twist heels left

VINE RIGHT, SYNCOPATED SCISSORS, LINDY LEFT 1/4 R

1-2 Step RF to right side, Step LF behind R
3&4 Rock RF to right side, Recover LF, Cross RF over left
5&6 Shuffle left (LRL)
7-8 Rock back on RF Pivot 1/4 R, Recover on LF

V-STEP, STEP-TURN 1/4 LEFT TWICE

1-2 Step RF diagonally forward (1:00), Step LF diagonally forward (11:00)
3-4 Step RF back to centre, Step LF together
5-6 Step RF forward, Turn 1/4 left (weight on left)
7-8 Step RF forward, Turn 1/4 left (weight on left)

No tags, no restarts

Email: valerisaari@icloud.com

Phone: 1-905-246-5027
