

Made To Last

COPPER KNOB
BY SARA NIEMIETZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Ivonne Verhagen (NL) - July 2020
音樂: Made to Laast by Sara Niemietz



Start after 16 counts - NO TAGS OR RESTARTS

WALK WALK SAILOR ½ TURN RIGHT, STEP FWD, ¼ TURN LEFT, SAILOR CROSS ½ TURN LEFT

1,2 RF step forward, LF step forward
3&4 ½ turn right & RF cross behind LF, LF step side, RF step forward
5,6 LF step forward, ¼ turn left & RF step to the right side
7&8 ½ turn left & LF cross behind RF, RF step side, LF cross over RF

(&) CLOSE, CROSS OVER, SIDE, SAILOR ¼ TURN RIGHT, MAMBO CLOSE, STEP FWD

&1,2 RF step side, LF close to RF, RF cross over LF,
3,4&5 LF step side, ¼ turn right & RF cross behind LF, LF step side, RF step forward
6&7 LF rock FWD, weight recover on RF, LF step close to RF (Make a little body roll forward and back)
8 RF step FWD

TOE STRUT ½ TURN RIGHT, TOE STRUT FWD & OUT, HOLD, HIP ROLL, FLICK

1,2& LF touch toe FWD (push hip fwd), Clap heel down, ½ turn right
3,4 RF touch toe FWD (push hip fwd), Clap heel down
&5,6 Step LF out to left, step RF out to right, Hold (and look right)
7,8& Hip roll left for 2 counts, weight on LF & flick RF

CROSS, SIDE, SAILOR ¼ TURN RIGHT, & CLOSE BEHIND, 3X BOUNCE FOR ½ TURN RIGHT

1,2 RF cross over LF, LF step to the left side
3&4 ¼ turn right & RF cross behind LF, LF step in place, RF step FWD
&5 LF step FWD, Lock RF behind LF
6,7,8 Bounce heels up & down 3x while you make ½ turn right (weight finish on LF)

End of the dance.

Have Fun!

Contact Ivonne: Ivonne.verhagen70@gmail.com

Last Update - 21 July 2020