

Forgot It All

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: High Improver
編舞者: YoungSoon Song (KOR) - January 2021
音樂: Forget It All (feat. Samantha Jade) - Sunset City



No Restart, No Tag

S1: BACKWARDS, BACKWARDS, TOGETHER, TOUCH, SWIVEL L, TOGETHER, SWIVEL R, TOGETHER, FORWARD, BRUSH

1-2& RF Step Backwards(1), LF Step Backwards(2), RF Together(&)
3&4& LF Touch Forward(3), LF Swivel L(&), LF Recover(4), LF Together(&)
5&6& RF Touch Forward(5), RF Swivel R(&), RF Recover(6), RF Together(&)
7-8 LF Step Forward(7), RF Brush Forward(&)

S2: CROSS OVER, SIDE LOCK, TOGETHER, SIDE LOCK, TOGETHER WITH 1/4 TURN R with BOUNCE 2TIMES

1-2 RF Cross Over(1), LF Step L(2)
3&4 RF Recover(3), LF Together(&), RF Step R(4)
5&6 LF Recover(5), RF Together(&), LF Step L(6)
7-8 RF Together with 1/8 Turn R and BF Bounce(1:30)(7), BF 1/8 Turn R with Bounce(3:00)(8)

S3: SAMBA STEP X2, CROSS LOCK STEP X4

1&2 LF Cross Over(1), RF Step R(&), LF Recover(2)
3&4 RF Cross Over(3), LF Step L(&), RF Recover(4)
5&6& LF Cross Over(5), RF Step Behind(&), LF Cross Over(6), RF Step Behind(&)
7&8 LF Cross Over(7), RF Step Behind(&), LF Step Forward(8)

S4: PIVOT 1/4 TURN L WITH HIP ROLL X2, SMALL FORWARD LOCK STEP

1-2 RF Step Forward(1), LF 1/4 Turn L with Hip Roll(12:00)(2)
3-4 RF Step Forward(3), LF 1/4 Turn L with Hip Roll(9:00)(4)
5&6 RF Step Forward(5), LF Cross Behind(&), RF Step Forward(6)
7&8 LF Step Forward(7), RF Cross Behind(&), LF Step Forward with Knee Band(8)

Last Update - 16 Jan. 2021