

HEY HEY Set Me Free

COPPER KNOB
BY STEPHEN T. C.

拍數: 40 牆數: 4 級數: High Improver
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音樂: Stupid Cupid - Mandy Moore



****2 tags - 1 restart**

Sec 1: Lindy step Right - Lindy Step Left

1&2 step RF to right side - Step L together - Step RF to right side
3-4 step LF back rock - recover RF
5&6 step LF to left side - Step R together - Step LF to left side
7-8 step RF back rock - recover LF

Sec 2: Kick ball forward 2x - rock forward - recover - 1/4 turn R side suffle

1&2 kick low RF - step in place - step forward LF
3&4 kick low RF - step in place - step forward LF
5-6 rock forward RF - recover LF
7&8 1/4 turn R step side RF - step LF together - step side RF

Sec 3: Cross - side - Cross - Touch R - Cross - Side - Cross - Touch L

1-2 Cross LF over RF - step RF side slightly back
3-4 Cross LF over RF - touch R toe to side
5-6 Cross RF over LF - step LF side slightly back
7-8 Cross RF over LF - touch L toe to side

Sec 4: Rock step - Rock forward L- 1/2 turn R - shuffle forward L

1-4 rock LF Forward - Recover RF - rock back LF - Recover RF
5-6 Step forward LF - 1/2 turn R
7&8 Step forward LF - step together RF - Step forward LF

Sec 5: Side with hip bump R-L-R- Flick L - Side with hip bump L-R-L- Flick R- Forward Toe struts R&L

1&2 step RF side and hip bump R - hip bump L - hip bump R with flick your LF
3&4 step LF side and hip bump L - hip bump R - hip bump L with flick your RF
5-8 step forward R toe - drop R heel down - step forward L toe, drop L heel down

TAG

Step side apart RF & LF - bounce 2x - together - shimmy

1-4 RF step side - LF step side - bounce 2x both your knees
5-6 step together RF - hold
7-8 shimmy

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