

Wo Zhe Yi Sheng

COPPER KNOB
BY STEPHEN T. C.

拍數: 32 牆數: 4 級數: Beginner
編舞者: BM Leong (MY) - February 2021
音樂: Wo Zhe Yi Sheng (我这一生) (DJ版) - Ma Jian Tao (马健涛)



Intro: 32 counts.

S1: HEEL, HEEL, SAILOR-CROSS X 2

1-2 Tap right heel to right diagonal twice
3&4 Cross R behind L, step L to left side, cross R over L
5-6 Tap left heel to left diagonal twice
7&8 Cross L behind R, step R to right side, cross L over R

S2: RIGHT LINDY, LEFT VINE 1/4 TURN LEFT, SCUFF

1&2 Cha cha to right side on RLR
3-4 Cross L behind R, recover onto R
5-6 Step L to left side, cross R behind L
7-8 1/4 turn left stepping L forward, scuff R forward

S3: TWIST RIGHT & LEFT ON HEELS-TOES-HEELS WITH CLAPS

1-2 Twist right on heels, twist right on toes
3-4 Twist right on heels, clap
5-6 Twist left on heels, twist left on toes
7-8 Twist left on heels, clap

S4: FORWARD ROCK, TRIPLE 1/2 TURN RIGHT, FORWARD ROCK, COASTER STEP

1-2 Rock R forward, recover onto L
3&4 Triple 1/2 turn right on RLR
5-6 Step L forward, recover onto R
7&8 Coaster step on LRL

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