

Mix'n'Move

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Mark Paulino (USA) - March 2021
音樂: Move - Little Mix



INTRO: 15 seconds

CROSS HEEL TOUCH, SIDE TOE TOUCH, CROSS HEEL TOUCH, REPLACE HEEL, BALL CROSS, PIVOT HITCH, CROSS, PIVOT HITCH

1,2 R crossing over L heel touch, R side toe touch
3&4 R crossing over L heel touch, R steps besides L, L heel touch ahead diagonally
&5,6 L ball touch in neutral, R crosses over L, L hitch pivoting towards R to 1:30
7,8 L crosses over R, R hitch pivoting towards L to 10:30

BOX STEP WITH A FORWARD STEP, STEP FORWARD HIP BUMP X2, STEP FORWARD HIP BUMP X2,

1,2 R cross over L, L steps back
3,4 R steps to the side, L steps forward
5&6 R steps forward with R hip bump forward, hip bump back, hip bump forward
7&8 L steps forward with L hip bump forward, hip bump back, hip bump forward

3/4 TURNING TOE STRUT SEQUENCE, ROCKING CHAIR

1,2 Turn towards 4:30 with R toe touch forward, land R heel down
3,4 L toe touch forward, land L heel down
5,6 Turn towards 9 o'clock with R toe touch forward, land R heel down
7&8& Rock L forward, recover back on R, rock L back, recover back on R

~Helpful hint: First toe strut you want to face towards your R hip. Third toe strut, you turn R squaring up towards that wall.

STEP PIVOT HITCH, STEP PIVOT HITCH, COASTER STEP, SKATE SKATE

1,2 Step forward with L, R hitch pivoting towards L with a 1/4 turn
3,4 Neutral step with R, L hitch pivoting towards L with a 1/4 turn
5&6 L steps back, R steps besides L, L steps forward
7&8 Slide R foot forward diagonally, slide L foot together, slide L foot forward diagonally

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