

Reste (떠나지마)

COPPER KNOB
BYEONHEETS

拍數: 72 牆數: 2 級數: Phrased Intermediate
編舞者: JMP (KOR) & Ardiansyah Raka (INA) - May 2021
音樂: Reste - Maître Gims & Sting



Intro : 16 count

Sequence : AB AB AB B AB B B (4count)-Ending

Part A (40 count)

A S1 Kick Ball, Toe Switches, FWD Ball Press, Body Roll, 1/4 Turn Left Slide Big Side, Drag Touch (9:00)

1&2& Kick RF forward (1), Step RF in place (&), Touch LF toe left side (2), Step LF next to R (&)
3 & 4 Touch RF heel forward (3), Step RF next to L (&), Step LF forward ball press (4)
5 6 7 8 Body roll forward (5), Body roll back (weight right) (6), 1/4 turn left step LF big side (7), Drag RF touch beside L (8) - 9:00

A S2 (1-8) Step, Touch, Toe Switch, Modified Monterey Half Turn Right, Point & Tap, Step

1 2 & Step RF diagonally forward (1), Touch LF beside R (2), Step LF in place (&) - Knee Bending
3&4& Point RF side (3), Close RF next to L (&), Point LF side (4), Close LF next to R (&)
5 6 Point RF side (5), 1/2 turn right step RF next to L (6) - 3:00
7 & 8 Point LF side (7), Tap LF beside R (&), Step LF side (8)

A S3 (1-8) Rock FWD, Scoot Back, Bend And Straight Knees Twice, Pencil 3/4 Turn Right

1 2 Rock RF forward (1), Scoot back on LF and hitch RF knee (2)
3 4 Bend knees, like if you are sitting on a chair (3) - facing to the right, Straight knees (4) - facing front
5 6 Bend knees again (like in count 3) (5) - facing to the right, Straight knees as you pull them together (6) - facing front
7 8 1/4 turn right step RF forward (7), Sweep LF 1/2 turn right touch beside R and change weight to left with RF Knee Pop (8) - 12:00

A S4 (1-8) Cross Rock, Side Rock, Anchor Step, Step Back & Sweep (L-R), Behind, Side, Toe Touch (Knee Pop)

1&2& Rock RF cross over L (1), Recover LF (&), Rock RF side (2), Recover LF (&)
3 & 4 Step RF backward (3), Recover LF (&), Step RF in place (4)
5 6 Step LF backward with Sweep RF from front to back (5), Step RF backward with Sweep LF from front to back (6)
7&8& Step LF behind R (7), Step RF side (&), Touch LF side with knee Pop (8,&)

A S5 (1-8) Skate (L-R), Coaster Forward, Unwind Half Turn Left, Step, Together, Cross, Step, Touch

1 2 Skate LF forward (1), Skate RF forward (2)
3 & 4 Step LF forward (3), Step RF next to L (&), Touch LF behind R (4)
5 6 & Unwind 1/2 turn left (5) - weight left, Step RF side (6), Step LF next to R (&) - 6:00
7 8 & Cross RF over L (7), Step LF side (8), Touch RF beside L (&)

Part B (32count)

B S1 (1-8) Touch (Heel, Toe, Heel), Swivel Toe + Heel, Hitch, Pivot 1/4 Turn Left, Cross Shuffle

1 & 2 Touch RF heel diagonally right (1), Touch RF toe beside L (&), Touch RF heel diagonally right (2)
3 & 4 Swivel RF toe (3), Swivel RF heel (&), Hitch RF knee up (4)
5 6 Step RF forward (5), Pivot 1/4 turn left recover LF (6) - 3:00
7 & 8 Cross RF over L (7), Step LF side (&), Cross RF over L (8)

B S2 (1-8) Tap, Tap, Step, Sailor, Heel Grind, Side Big Step (With Touch Heel Side), Coaster

- 1 & 2 Tap LF beside R (1), Tap LF beside R (&), Step LF side big (2)
3 & 4 Step RF behind L (3), Step LF side (&), Step RF side (4)
5 6 Cross heel grind LF over R (5), Step RF side big with touch LF heel side (6)
7 & 8 Step LF behind R (7), Step RF next to L (&), Step LF forward (8)

B S3 (1-8) Tap, Tap, Half Turn Right Sweep, Cross, Out (R-L), Hold, Ball Step, Kick Ball Change

- 1 & 2 Tap RF behind L (1), Tap RF behind L (&), 1/2 turn right step RF forward with sweep LF from back to front (2) - 9:00
3 & 4 Cross LF over R (3), Step RF to side (&), Step LF in place (4)
5 6 & Hold (5), Step RF beside L (6), Cross LF over R (&)
7 & 8 Kick RF forward (7), Step RF in place (&), Cross LF over R (8)

B S4 (1-8) 1/4 Turn Right Shuffle FWD, Stepping Half Turn Right, Full Turn Left, Step Big, Touch

- 1 & 2 1/4 turn right step RF forward (1), LF behind cross R (&), Step RF forward (2) - 12:00
3 & 4 Step LF forward (3), 1/2 turn right step RF recover (&), Step LF forward (4) - 6:00
5 & 6 1/2 turn left step RF backward (5), 1/2 turn left step LF forward (&), Step RF forward (6)
7 8 Step big LF side (7), Touch RF beside L (8)

Have a happy day~~~!

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