

Help Me Make It Through the Night

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Enny Darmaji (INA) - January 2022
音樂: Help Me Make It Through The Night - Kizomba Dance



No tag no restart

S1: CROSS ROCK- SIDE ROCK - CROSS ROCK - CROSS ROCK - SIDE ROCK

1&2 Cross rock R over L, recover L, step R to side
3&4 Cross rock R over L, recover L, step R to side
5&6 Cross rock L over R' recover R, rock L to side
7&8 Cross L over R, recover R, step L to side

S2: WALK 2X SHUFFLE - FORWARD TOUCH -SIDE TOUCH, SAILOR ¼ TURN L

1-2 Walk right forward, walk left forward
3&4 step right forward, step left beside to R, step R forward
5-6 touch left forward, touch left to L side
7-8 Cross left behind R, tue ¼ left stepping R to R side, step L to L side

S3: SIDE ROCK, VINE (R/L)

1-2 Step R to side, Recover on L
3&4 cross R behind L, step L to L, Cross R over L
5-6 Step L to side, Recover on R
7&8 Cross L behind R, Step R to R, Cross L over R

S4: HIPS BUMP, JAZ BOX

1&2 Bump hip to R, Bump hip to L, Bump hip to L
3&4 Bump hip to L, Bump hip to L
5-8 Cross over R, Step L back, Step R to side, Step L together

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