

My Enemy (Look Out for Yourself)

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate WCS / Smooth RnB
編舞者: Mary Bee Friedrich (DE) & Selena Kallinich (DE) - 30 November 2021
音樂: Enemy - Imagine Dragons, JID & League of Legends : (From the Series Arcane, League of Legends)



Intro: 8 Count .

Section 1: Rock Forward, Recover, Coaster Step, Shuffle L, Step ¼ Turn L, Cross, L Side, Cross Behind

1 - 2 RF rock fwd., LF recover on weight
3 & 4 RF step back, LF close to RF, RF step fwd.
5 & 6 & LF step fwd., , RF lock to LF, LF step fwd. RF step fwd.,
7 & 8 & LF ¼ turn to left, RF cross over LF, LF step to left, RF cross behind LF (9)

Section 2: , L Sweep, Cross Behind, R Side, Cross, Recover, L Side, Cross, L Side Rock, L Cross, R Side Rock, R Cross

1 - 2 & LF sweep to left, LF cross behind R , RF step to right
3 - 4 & LF cross over RF, RF recover on weight, LF step to left
5 - 6 & RF cross over LF, LF recover on weight, RF step to right
7 & 8 & LF cross over RF, RF rock to right, LF recover on weight, RF cross over LF (9)

Section 3: ½ Diamond, Rock Back, Recover, Rock'n Chair

1 - 2 & LF step to left, RF cross behind LF, LF 1/8 turn R behind RF
3 - 4 & RF 1/8 step turn to right, LF cross over RF, RF step right diagonal(1/8) fwd
5 - 6 & LF 1/8 turn step to left, RF rock back, LF recover on weight
7 & 8 & RF rock fwd. , LF recover on weight, RF rock back, LF recover on weight (3)

Section 4: Walk R/L, Mambo R, Cross, Shuffle ½ Turn R, Run R/L, Hitch ¼ L Turn (Hip)

1 - 2 RF step fwd., LF step fwd, (lasiv walk)
3 & 4 RF rock to right side, LF recover on weight, RF cross over LF
5 & 6 LF cross behind ¼ turn to right, RF 1/4 turn to right, LF step fwd. (9)
7 - 8 & RF step to fwd., LF step fwd., RF hitch up (witch your Hip to right) ¼ turn to left (6)

Makes you happy - Dance you Dance and make some smooth Rock'n Moves
- the Choreography always turns contra clockwise -

RF > right foot :: LF > left foot :: bwd.s > backwards/back :: fwd.> forward

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