

Får jag lov

COPPERKNOB
STEPSHETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Tomas Ängshed (SWE) - January 2022
音樂: Får jag lov - Blender : (Album: Ängel utan vingar)



Intro: starts immediately on the first beat

[1 - 8] Step fwd point x 2, step ¼ L pivot x 2

1 2 Step RF fwd, point LF to side
3 4 Step LF fwd, point RF to side
5 6 Step RF fwd, pivot ¼ L take weight onto LF (9.00)
7 8 Step RF fwd, pivot ¼ L take weight onto LF (6.00)

[9-16] Step diagonal hold x 2, step fwd x 2, pivot ½ R, step fwd

1 2 Long step (RF) to R diagonal, hold
3 4 Long step (LF) to L diagonal, hold

Restart here on walls 3 & 8

5 6 Step RF fwd, step LF fwd
7 8 Pivot ½ R take weight onto RF (12.00), step LF fwd

[17-24] Cross strut, back strut, side, cross, side, behind

1 2 Touch right toe over LF, drop right heel taking weight onto RF
3 4 Touch left toe back, drop left heel taking weight onto LF
5 6 Step RF to side, cross LF over RF
7 8 Step RF to side, step LF behind RF

[25-32] Turn ¼ R, hold, step fwd, hold, step fwd, pivot ½ L, walk x 2

1 2 Turn ¼ R step RF fwd (3.00), hold
3 4 Step LF fwd, hold

Restart here on wall 12

5 6 Step RF fwd, pivot ½ L take weight onto LF (9.00)
7 8 Step RF fwd, step LF fwd

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