

And Most People

COPPER KNOB
BYEFOOTPRINTS

拍數: 32 牆數: 4 級數: Improver
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音樂: Most People - R3HAB & Lukas Graham



<https://music.apple.com/us/album/most-people/1590594902?i=1590595273>

Intro: 32 Counts, Start at approx 0.21 secs
Start by standing with feet apart.

SEC 1 Twist $\frac{1}{4}$ Sweep, R Coaster Step, L Shuffle $\frac{1}{2}$ Turn R, $\frac{1}{4}$ Turn R & Point L, $\frac{1}{4}$ Turn L & Sweep R

1-2 Twist both heels R (& Bend both knees), Recover $\frac{1}{4}$ turn right sweeping RF back (3:00)
3&4 RF step back, LF step next to RF, RF step forward
5&6 $\frac{1}{4}$ turn right and LF step left, RF step next to LF, $\frac{1}{4}$ turn right and LF step back, (9:00)
&7-8 $\frac{1}{4}$ turn right and RF step right, LF point left, $\frac{1}{4}$ turn left and RF sweep forward (9:00)

SEC 2 R-L Cross Sambas, Cross $\frac{1}{4}$, Side Shuffle

1&2 RF step forward, LF rock left, Recover on RF diagonally right (10:30)
3&4 LF step forward, RF rock right, Recover on LF diagonally left (7:30)
5-6 RF cross over LF, LF step back $\frac{1}{4}$ turn right (12:00)
7&8 RF step right, LF step next to RF, RF step right

SEC 3 Weave, Point R, Volta Turn $\frac{3}{4}$ R

1-2 LF cross over RF, RF step right
3-4 LF cross behind RF, RF point right
5& RF step forward, Ball of LF step next to RF
6& $\frac{1}{4}$ turn right and step RF forward (3:00), Step ball of LF next to RF
7&8 $\frac{1}{4}$ turn right and step RF forward (6:00), Step ball of LF next to RF, $\frac{1}{4}$ turn right and RF step forward (9:00)

SEC 4 L-R Cross Rock Side, Step $\frac{1}{2}$ Turn R, L-R Stomps

1-2& LF cross rock over RF, Recover on RF, LF step side left
3-4& RF cross rock over LF, Recover on LF, RF step side right
5-6 LF step forward, $\frac{1}{2}$ turn right and RF step forward (3:00)
7-8 Stomp LF left, Stomp RF right