

FEAR Factor !!

COPPERKNOB
STEPPERS

拍數: 32 牆數: 4 級數: Low Improver
編舞者: Val Saari (CAN) - April 2022
音樂: Run - Becky Hill & Galantis



Begin on the word "Story's"

ALTERNATING SIDE SHUFFLES LRLR

1&2 Turning feet 1/4 L (9:00) Side Shuffle right (RLR)
3&4 Turning feet 1/2 R (3:00), Side Shuffle left (LRL)
5&6 Turning feet 1/2 L (9:00) Side Shuffle right (RLR)
7&8 Turning feet 1/2 R (3:00), Side Shuffle left (LRL)

STEP TOUCHES BACK R1/4 L, L MONTEREY 1/4 TURN R, POINT L, TOGETHER

1-2 Step RF back 1/4 L (facing 12:00), Touch LF beside R (optional shoulder shimmies)
3-4 Step LF back, Touch RF beside L (optional shoulder shimmies)
5-6 Point RF toes to right side, 1/4 turn right step RF together (3:00)
7-8 Point LF to L side, Step LF beside R

ROCK/RECOVER SAILOR STEP, LF ROCKING CHAIR

1-2 Rock RF forward, Recover LF
3&4 Sailor Step RLR
5-6 Rock LF forward, Recover RF
7-8 Rock LF back, Recover RF

MAMBO LEFT, STOMP TWICE, MAMBO RIGHT, STOMP TWICE

1-2 LF Rock side left, RF recover
3-4 Stomp LF together twice (weight on LF on count 4)
5-6 RF Rock side right, LF recover
7-8 Stomp RF together twice (weight on LF)

No tags, no restarts

Option: If you're limited to a small space, try Alternating Chas or Alternating Forward Shuffles in S:1 (instead of Alternating Forward Side Shuffles) For an easier version, use 4 toe-struts forward.

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