

Ingatlah Hari Ini

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver
編舞者: Lietha Monita (INA) - May 2022
音樂: Ingatlah Hari Ini - Project Pop



Start Dance on Vocal - No Tags –

*4 Restarts :

*On Wall 2 and 11 (after 12C)

*On Wall 4 and 7 (after 16C)

SEC 1 : STEP DIAGONAL FORWARD – LOCK BEHIND – LOCK SHUFFLE DIAGONAL (R,L)

1 2 Step R to diagonal right forward, Lock L behind R
3&4 Step R to diagonal right forward, Lock L behind R, Step R to diagonal right forward
5 6 Step L to diagonal left forward, Lock R behind L
7&8 Step L to diagonal left forward, Lock R behind L, Step L to diagonal left forward

SEC 2 : PIVOT ½ TURN LEFT (2X) – JAZZ BOX

1 2 3 4 Step R forward, ½ turn left step L in place, Step R forward, ½ turn left step L in place
(Restart here on wall 2 and 11)
5 6 7 8 Cross R over L, Step L back, Step R to right side, Step L forward
(Restart here on wall 4 and 7)

SEC 3 : SYNCOPATED SIDE TOUCH AND HEEL TOUCH – STEP FORWARD – CLOSE – SWIVEL

1&2& Touch R to right side, Close R together L, Touch L to left side, Close L together R
3&4& Touch heel R to forward, Close R together L, Touch heel L to forward, Close L together R
5 6 Step R forward, Close L together R
7 8 Swivel heels to right, Swivel back to center again (weight on L)

SEC 4 : STEP MAMBO – PIVOT ½ TURN – WALK FORWARD

1&2 Rock R forward, Recover on L, Rock R back
3&4 Rock L back, Recover on R, Rock L forward
5 6 Step R forward, ½ turn left step L in place
7 8 Step forward R, L

Last Update: 15 May 2022