

Bench (벤치)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Easy Improver
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Tag: after 6wall 8count

(R step forward L full trunR side chasse L step forward R recover Triffle step)

SEC1: BOX FORWARD ROCK STEP CROSS SIDE BACKWARD ROCK STEP

1 2 3&4 R step side L together R step forward L together R step forward
5 6 7&8 L cross R step side L step backward R together L step backward

SEC2: BACKWARD ROCK RECOVER CROSS TOGETHER SIDE CROSS SIDE 1/4L BACKWARD ROCK STEP

1 2 3&4 R step backward L recover R cross L step together R step side
5 6 7&8 L cross R step side L 1/4L step backward R together L step backward

SEC3: SIDE ROCK RECOVER TRIFFLE STEP X2

1 2 3&4 R step side L Inplace R step together on ball L inplace on ball R step inplace
5 6 7&8 L step side R inplace L step together on ball R inplace on ball L step inplace

SEC4: FORWARD ROCK RECOVER BACKWARD ROCK STEP BACKWARD ROCK RECOVER FORWARD ROCK STEP

1 2 3&4 R step forward L recover R step backward L together R step backward
5 6 7&8 L step backward R recover L step forward R together L step forward

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Thank you ~~ Have a good day~~~