

Portland Cha - Ultra

COPPER **NOB**
BYEPOSTETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Sandrine Bonacorsi (FR) - June 2022
音樂: Mercy - Valntn



ROCK BACK R, RECOVER, TRIPLE STEP FOWARD R, STEP L FOWARD, ½ TOUR R, TRIPLE FOWARD L

1-2 Rock back RF , recover to LF
3&4 Step RF forward, step LF next to RF, step RF forward
5-6 Step LF forward, turn 1/2 right (06:00)
7&8 Step LF forward, step RF next to LF, step LF forward

POINT R, HOLD, POINT L, HOLD, ROCK SIDE R RECOVER, SHUFFLE L

1-2 RF point right - hold
& RF next to LF
3-4 LF point left - hold
& LF next to RF
5-6 Rock side RF right , recover weight on left
7&8 Suffle on left side

ROCK SIDE G RECOVER, SHUFFLE R, GRAPEVINE R L R TOUCH,

1-2 Rock side RF-recover on LF3&4 suffle on left5678
5-6 LF on left-Cross RF behind LF
7-8 LF on left – RF touch

GRAPEVINE L R .¼ TOUR L, SCUFF, STEP R FOWARD CLAP, STEP L BACK, TOUCH

123 RF on right -Cross LF behind RF
4 scuff with RF (03h00)
5-6 Step RF diagonal forward - Touch LF next to RF with clap hands
7-8 Step LF diagonal back - Touch RF next to LF

VARIATION : At the beginning, you can start as the advanced dance.

BACK ROCK, RECOVER FLICK

1-2 Rock back RF - recover on LF with flick du with RF

have fun - Sandrine
