

It's Killing Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Kim Liebsch (DK) - July 2022
音樂: It's Killing Me - Kristel Lisberg



Intro: 4 counts after 1st beat (appr. 2 seconds) Start with weight on L foot
Restart: 1 restart on wall 8 after count 12& (*6:00)

#1 section: Step, step ½ turn step, full turn step, mambo with sweep, back rock

1 Step fw. on R 12:00
2&3 Step fw. on L, make ½ turn R stepping fw. on R, step fw. on L 6:00
4&5 Make ½ turn L stepping back on R, make ½ turn L stepping fw. on L, step fw. on R 6:00
6&7 Rock fw. on L, recover on R, step slightly back on L while sweeping R 6:00
8& Rock back on R, recover on L 6:00

#2 section: Step, mambo ½ turn, lock step, mambo ½ turn, step ¼ turn

1 Step fw. on R 6:00
2&3 Rock fw. on L, recover on R, make ½ turn L stepping fw. on L 12:00
4&5 Step fw. on R, lock L behind R (*6:00), step fw. on R 12:00
6&7 Rock fw. on L, recover on R, make ½ turn L stepping fw. on L 6:00
8& Step fw. on R, make ¼ turn L stepping L to L side 3:00

#3 section: Cross, recover ¼ turn step, run ¾ turn, basic, side rock

1 Cross R over L 3:00
2&3 Recover on L, make ¼ turn R stepping fw. on R, step fw. on L 6:00
4&5 Run ¾ turn R- R-L-R 3:00
6&7 Step L to L side, close R behind L, cross L over R 3:00
8& Rock R to R side, recover on L 3:00

#4 section: Step fw. while hitching ½ turn, lock step, lock step hitching ½ turn, lock step, cross rock

1 Step fw. on R while hitching L ½ turn R 9:00
2&3 Step fw. on L, lock R behind L, step fw. on L 9:00
4&5 Step fw. on R. lock L behind R, step fw. on R while hitching L ½ turn R 3:00
6&7 Lock fw. on L, lock R behind L, step fw. on L 3:00
8& Cross R over L, recover on L, (¼ turn R to start again) 3:00

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