

BELLA Easy 2022

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Wiwik Katarina (INA) - August 2022
音樂: Bella - Maître Gims



The dance start on main vocal - No Tag No Restart

I. SIDE MAMBO R – L, FWD MAMBO R, BACK MAMBO L

- 1 & 2 Step RF to side (1), Recover on LF (&), RF together (2)
- 3 & 4 Step LF to side (3), Recover on RF (&), LF together (4)
- 5 & 6 Step RF fwd (5), recover on LF (&), RF back(6)
- 6 & 8 Step LF back (7), recover on RF (&), LF fwd (8)

II. FWD SHUFFLE, ROCK RECOVER, BACK 3X WITH FAN TOE, TOGETHER

- 1 & 2 Step RF fwd (1), LF together (&), step RF fwd (2)
- 3 4 Rock LF fwd (3), recover on RF (4)
- 4 - 8 Step back L-R-L with fan your toe from in to out side (5, 6,7), RF together(8)

you can do on your own style or shoulder shimmy here

III. SIDE MAMBO L-R, FWD MAMBO L, BACK MAMBO R

- 1 & 2 Step LF to side (1), recover on RF (&), LF together (2)
- 3 & 4 Step RF to side (3), recover on LF (&), RF together (4)
- 4 & 6 Step LF fwd (5), recover on RF (&), LF back (6)
- 7 & 8 Step RF back (7) recover on LF (&) RF fwd (8)

IV. FWD SHUFFLE, ROCK RECOVER, 3/4 R WALK FWD, TOGETHER

- 1 & 2 Step LF fwd (1), RF together (&), LF fwd (2)
- 3 4 Rock RF fwd(3), recover on LF (4)
- 5 – 8 1/4 R walk RF fwd(5), ¼ R walk LF fwd (6), ¼ R walk RF fwd(7), LF together (8) facing 9:00

Enjoy the dance

Contact me katarinasuwi@gmail.com