

Feel Free (Bebas)

COPPER **KNOB**
BY STEPHENETS

拍數: 48 牆數: 2 級數: Phrased Beginner
編舞者: Jeng Linda Etry (INA) - August 2022
音樂: Bebas - Iwa K, Sheryl Sheinafia, Maizura & Agatha Pricilla



Intro 16 Counts

No Tag

No Restart

Sequence : C A A B B A A B B C A A B B B C

PART A : (16 COUNTS)

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

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

SEC 2 : CROSS OVER – STEP BACK – STEP SIDE – PADDLE ¼ TURN LEFT (2X)

1&2 Cross R over L, Step L back, Step R to right side
3&4 Cross L over R, Step R back, Step L to left side
5 6 Step R forward, ¼ turn left recover on L
7 8 Step R forward, ¼ turn left recover on L

PART B : (16 COUNTS)

SEC 1 : KICK BALL – CLOSE – SIDE ROCK – CROSS BEHIND – STEP SIDE – CLOSE – RUMBA BOX

1&2 Kick R forward, Close R together L, Rock L to left side
3 4 5 Cross L behind R, Step L to left side, Close L together R
6&7 Step R to right side, Close L together R, Step R back
8&1 Step L to left side, Close R together L, Step L forward

SEC 2 : ¼ TURN LEFT – IN PLACE WITH ARM VARIATION – (2X) – VOLTA FULL TURN

2&3 ¼ turn left Step R side, in place with style (push your chest forward and put both hands on the shoulders)
4&5 ¼ turn left Step R side, in place with style (push your chest forward and put both hands on the shoulders)
6&7&8 Step R forward, Close L together R, ½ turn right step R forward, Close L together R
8& ¼ turn right step R forward, ¼ turn right step L to side

PART C : (16 COUNTS)

SEC 1 : WALK FORWARD – ½ TURN LEFT – (2X)

1 2 Walk forward R, L
3 4 Step R forward, ½ turn left step L in place (with sway)
5 6 Walk forward R, L
7 8 Step R forward, ½ turn left step L in place (with sway)

SEC 2 : STEP SIDE – TOUCH – RECOVER – CLOSE – ROCKING CHAIR

1 2 Step R to right side with hip sway, Touch L to left side
3 4 Recover on L with hip sway, Close R together L
5 6 Rock R forward, Recover on L
7 8 Step R back, Recover on L

Enjoy the Dance

