

Our Memories (前塵)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Cat So (AUS) - February 2023
音樂: Qian Chen (前塵) - Sandy Lam (林憶蓮)



Start dance 16 counts after commencement of heavy beats

Sec 1: Forward rumba box

1 2 3 4 Forward with left foot (1), hold (2), side with right foot (3), together with left foot (4)
5 6 7 8 Back with right foot (5), hold (6), side with left foot (7), together with right foot (8) ending 12 o'clock

Turning option: Spiral full turn for counts 1, 2

1 2 Forward with left foot (1), spiral full turn to the right keeping weight on left foot (2)

Sec 2: Side, cross rock, ¼ turn, cross side behind

1 2 3 4 Side with left foot (1), hold (2), cross with right foot (3), recover weight to left foot (4)
5 6 ¼ turn to the right stepping right foot forward, sweeping left foot to the front (5), hold (6)
7 8 1 Cross with left foot (7), side with right foot (8), behind with left foot sweeping right foot from front to back (1) ending 3 o'clock

Sec 3: Hold, rock back and side, rock back

2 3 4 5 Hold (2), rock back with right foot (3), recover weight to left foot (4), side with right foot (5)
6 7 8 Hold (6), rock back with left foot (7), recover weight to right foot (8) ending 3 o'clock

Restart here: On wall 9 facing 3 o'clock

Sec 4: ¼ turn, cross rock & side, behind, ¼ turn

1 2 3 4 ¼ turn to the left stepping left foot forward, sweeping right foot to the front (1), hold (2), cross with right foot (3), recover weight to left foot (4)
5 6 7 8 Side with right foot (5), hold (6), behind with left foot (7), ¼ turn to the right stepping right foot forward (8) ending 3 o'clock

Happy dancing!

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