

Whitney Groove

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
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音樂: Whitney - Rêve : (Clean version)



NO TAGS – NO RESTARTS

Add your own style, spice, and groove. And most importantly – HAVE FUN !!

Kick, Cross Fwd, Point, Cross Back, Point, Swivel ½, Heel raise, heel raise

1&2&3 Kick R FWD (1), Step R cross over L (&), Point L to left side (2), Step L behind R (&), Point R to right side (3)

4-5-6 Cross R over left (4), unwind ½ L (5), Recover L with R heel lift (6)

7-8 L Heel raise (7), R Heel raise (8)

(Modification option for count 1-3)

Point R FWD, Point R in Place, Point R to right side

Step, Point, Step 1/4, Swivel Full turn, Rock FWD, Sweep back, Sweep back

&1-2 Step R in place (&), Point L to left side (1), Step L ¼ facing left (2)

3-4 Cross R over L and unwind R ¾ to left (3), ¼ turn Step L (4)

5-6 Rock R FWD (5), Recover on L (6)

7-8 Sweep R and step back (7), then Sweep with L and step back (8)

(Modification Option for count 3-4)

Rock R back, Recover on L

Or a Body Roll: L toe fwd, RF slightly in an angle, bending knees into sitting position

(3) Push chest FWD and roll shoulders up to back, (4) while rolling pelvis fwd with weight on RF

Back Pony Step, Back Pony Step; ROCK BACK, RECOVER, ROCK BACK HITCH, STEP

1&2 Step R back with knee pop, Touch ball of L FWD, Step R in place

3&4 Step L back with knee pop, Touch ball of R FWD, Step L in place

5-6 Step R back lift L heel, Recover onto L pop R Knee

7-8 Rock back R with L Knee up, Step on L

Shuffle FWD, Pivot 1/2, Chasse, Rock back, recover

1&2 Step R fwd(1), step L behind left (&), Step R fwd (2)

3-4 Step L Fwd Pivot ½ to R (3), Recover on R (4)

5&6 Step L to L side (5), step R beside L (&), Step L to L side (6)

7-8 Rock R behind L (7), Recover on L (8)

Enjoy the dancel!

For more information contact Yovana Russell kynamics@live.com