

Therapy

COPPER **NOB**
BY STEPSHETS

拍數: 16 牆數: 2 級數: Beginner
編舞者: Esmeralda van de Pol (NL) - May 2023
音樂: Therapie - Zoë Tauran



Intro : 16 counts

STEP FWD SWEEP, LEFT TWINKLE, STEP FWD, MAMBO STEP, WALK BACK, BALL STEP BACK, COASTER STEP. STEP FWD

1 Step RF fwd, Sweep L in front of RF
2&a Cross LF over RF, Step RF to R side, Step LF to L side
3 Step RF fwd
4&a Rock LF fwd, Recover weight on RF, Step LF back
5-6a7 Step RF back, Step LF back, Step RF next to LF, Step LF back
8&a1 Step RF back, Step LF next to RF, Step RF fwd. Step LF fwd

PIVOT ½ TURN L, WALK FWD HITCH, BEHIND SIDE CROSS, SIDE ROCK, RECOVER, STEP TOGHTER, STEP FWD, L SHUFFLE FWD

2&a Step RF fwd, ½ turn L-weight on LF, Step RF fwd 06.00
3 Step LF fwd, Hitch R knee
4&a Step RF behind LF, Step LF to L side, Cross RF over LF
5-6a7 Rock LF to L side, Recover weight on RF, Step LF next to RF, Step RF fwd
8&a Step LF fwd, Step RF next to LF, Step RF fwd

No tags, No restarts

Dance With Esmeralda

Esmeralda v.d. Pol

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