

Come as You Are

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Arisps (INA) - December 2023
音樂: Come as You Are - Nirvana



No Tag No Restart

SECT 1 : SIDE ROCK - VINE (R/L)

1 - 2 step RF to side, recover on LF
3 & 4 cross RF behind LF, step LF to left, cross RF over LF
5 - 6 step LF to side, recover on RF
7 & 8 cross LF behind RF, step RF to right, cross LF over RF

SECT 2 : CHARLESTONE KICK - LOCK SHUFFLE DIAGONALLY FORWARD (R/L)

1 - 4 step RF fwd, touch LF fwd, step LF back, touch RF back
5 & 6 step RF Diagonally fwd, lock LF behind RF, step RF fwd
7 & 8 step LF diagonally fwd, lock RF behind LF, step LF fwd

SECT 3 : PIVOT TURN 1/4 LEFT - CROSS SHUFFLE - SIDE 1/2 TURN TURN RIGHT - CROSS SHUFFLE

1 - 2 step RF fwd, 1/4 turn left change weight to left
3 & 4 cross RF over LF, step LF to side cross RF over LF
5 - 6 step LF to side, turn 1/2 right, step RF to side
7 & 8 cross LF over RF, step RF to side, cross LF over RF

SECT 4 : ROCK FWD - HEEL BOUNCE - BACK - HEEL BOUNCE - PIVOT TURN 1/2 LEFT - WALK R, L

1 & 2 step RF fwd, lift heels bending your knees out, drop heels down
3 & 4 step RF back, lift heels bending your knees out, drop heels down, weight on RF
5 - 6 step RF fwd, 1/2 turn left, change weight to LF
7 - 8 walk fwd R, L

Happy dancing ☐☐
