

Z Rockin' K-Love

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Easy Beginner
編舞者: Ruth Ann Strickland (USA) - February 2024
音樂: I Feel the Love - Sly & The Family Stallone



#8 Counts Intro - No Tag or Restart

Begins with weight on Left Foot:

Section 1 (Z-Step & Stomp LR)

- 1-4 Side step RF, touch L toe beside RF; Diagonal step bwd at 45 degree angle on LF, touch R toe beside LF
- 5-6 Side Step RF, touch L toe beside RF
- 7-8 Stomp LR (weight shifts to RF)

Section 2 (Backward Z-Step & Stomp RL)

- 1-4 Side step LF, touch R toe beside LF; Diagonal step fwd at 45 degree angle on RF, touch L toe beside RF
- 5-6 Side step LF, touch R toe beside LF
- 5-8 Stomp RL (weight shifts to LF)

Section 3 (Rockin' K – Rocking at a diagonal)

- 1-4 Rock fwd diagonally on RF, recover on LF, Rock fwd diagonally on RF, recover on LF
- 5-8 Rock bwd diagonally on RF, recover on LF, Rock bwd diagonally on RF, recover on LF

Section 4 (2 Curtsey Steps, 2 Hip Bump 1/8 Pivot Turns)

- 1-2 Step RF to right side, touch L toe behind RF
- 3-4 Step LF to left side, touch R toe behind LF
- 5-6 Step R forward bumping right hip at the same time, Turn 45 degrees left bumping left hip at the same time and step on LF
- 7-8 Step R forward bumping right hip at the same time, Turn 45 degrees left bumping left hip at the same time and step on LF (9:00)

Section 5 (2 Rocking Chairs)

- 1-4 Rock RF fwd, recover on LF, rock RF bwd, recover on LF
- 5-8 Rock RF fwd, recover on LF, rock RF bwd, recover on LF

Section 6 (Rockin' K – Rocking at a diagonal)

- 1-4 Rock fwd diagonally on RF, recover on LF, Rock fwd diagonally on RF, recover on LF
- 5-8 Rock bwd diagonally on RF, recover on LF, Rock bwd diagonally on RF, recover on LF

I hope you feel the love!

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