

My Good Side (WSN 1)

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
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- March 2024
音樂: Good Side - Crash Adams



Start Dance : after 8 counts

S1. SUGAR PUSH - SAILOR TURN 1/4 L - ROCK FORWARD

1 - 2 Step R forward, L forward
3 & 4 Step R Forward, close L beside R, Push Back on R
5 - 6 Step L back, R back
7 & 8 step L back with sweep, turn 1/4, Close R beside L, L to side (9.00)

S2. ROCK FORWARD - RECOVER - CHASSE TURN 1/2 R - TURN R 1/2 L - R BACK - BODY WEAVE

1 - 2 Step R forward, Recover on L
3 - 4 Turn R 1/4 R to side, Step L next to R, turn R 1/4 R forward (3 : 00)
5 - 6 Turn R 1/2 weight on L, Back Turn 1/2, Step R back
7 - 8 Body Weave

S3. BOTA FOGO R - L, - JAZZ BOX FORWARD TURN 1/2

1 & 2 Cross R over L, Rock Left to L, Recover Weight onto to right
3 & 4 Cross L over R, Rock Right to R Weight onto Left
5 6 7 8 Cross R over L, Turn R 1/2 step L back, step R to side , Step L forward (3.00)

S4. SAMBA WISH R - L, - FORWARD TOUCH, DIAGONAL HIP ROLL - DROP HEEL - RECOVER

1a 2 Step R to side, Cross L behind R recover on R
3 a 4 Step L to side, Cross R behind L Recover on L
5 - 6 R touch forward diagonal (1.30) with hip roll clockwise
7 -8 Drop R heel with pushing hip forward recover to L

Enjoying Dancing with Your Heart ♥

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