

Feels Like Insomnia

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Hotma Tiarma Purba (INA) - March 2024
音樂: Insomnia - Craig David



No tag or restart

I. DIAGONAL STEP, TAP, DIAGONAL BACK, KICK, BACK, CROSS, BACK, TOUCH

1-2 Step R diagonal right, tap L behind R
3-4 Step L back diagonal, kick R
5-6 Step R back, cross L over R
7-8 Step R back, touch L beside R

II. SHUFFLE, $\frac{3}{4}$ L PIVOT, CHASSE, SAILOR STEP

1&2 Step L forward, close R beside L, step L forward
3-4 Step R forward, $\frac{3}{4}$ turn left step L in place (3.00)
5-6 Step R to side, close L beside R, step R to side
7&8 Cross L behind R, step R next to L, step L to side

III. HOLD, SIDE, HOLD, SIDE, CROSS POINT, SIDE POINT, ROCK BACK

1&2 Hold, close R beside L, step L to side
3&4 Hold, close R beside L, step L to side
5-6 Cross touch R over L, touch R to side
7-8 Rock R back, recover on L

IV. ROCK SIDE, BEHIND, SIDE, CROSS, (R-L)

1-2 Rock R to side, recover on L
3&4 Cross R behind L, step L to side, cross R over L
5-6 Rock L to side, recover on R
7&8 Cross L behind R, step R to side, cross L over R

Enjoy the dance!!

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