

Simple & Sassy

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Sandra Speck (UK) - April 2024
音樂: Been Like This - Meghan Trainor & T-Pain : (iTunes)



INTRO 16 COUNTS, APPROX 8 SECONDS

STEP KICK, BACK TOUCH, WALK X 2 FORWARD ROCK.

- 1 – 2 Step forward right, kick left forward,
- 3 – 4 Step left at side of right, touch right toe back,
- 5 – 6 Walk forward on right, walk forward on left,
- 7 – 8 Rock forward on right, recover onto left.

TRIPLE STEP BACK X2, BACK ROCK X 2.

- 1 & 2 Triple step right, left, right,
- 3 & 4 Triple step left, right, left, *the triples travel slightly back,
- 5 – 6 Rock back on right, recover onto left,
- 7 – 8 Rock back on right, recover onto left.

STEP PADDLE TURN 1/8 X 2, JAZZ BOX.

- 1 – 2 Step forward on right, paddle 1/8 left,
- 3 – 4 Step forward on right, paddle 1/8 left,
- 5 – 6 Cross right over left, step back on left,
- 7 – 8 Step side on right, close left next to right.

HEEL DIG X 2, BEHIND SIDE CROSS, HEEL DIG X 2, BEHIND SIDE FORWARD.

- 1 -2 Heel dig right foot on right diagonal x 2,
- 3 & 4 Step right behind left, step left to side, cross right over left,
- 5 – 6 Heel dig on left foot on left diagonal x 2,
- 7 & 8 Step left behind right, step side on right, step forward on left.

Start again and enjoy and add attitude.
