

Scan and Copy

拍數: 32 牆數: 4 級數: Improver
編舞者: Herman Baso (INA) - May 2024
音樂: SCAN AND COPY - BRONZE AVERY



NOTE: Intro 16 counts - No Tag No Restart

S1# WALK FWD – KICK BALL SIDE TOUCH – WITH SIDE BODY WAVE MAKE A SIDE TOGETHER SIDE WITH CLOSE TOUCH

1, 2 step RF fwd, step LF fwd
3&4 kick RF fwd, close RF next to LF, toe touch LF to side
5, 6 with side body wave transfer weight to LF, close RF next to LF
7, 8 with side body wave step LF to side, close touch RF next to LF

S2# SIDE ROCK – BEHIND SIDE CROSS – SIDE – ¼ L RECOVER – COASTER STEPS

1, 2 step RF to side, recover on LF
3&4 cross RF behind LF, step LF to side, cross RF over LF
5, 6 step LF to side, ¼ turn Left recover on RF
7&8 step LF back, close Rf next to LF, step LF fwd

S3# SWITCHED SIDE TOUCH – TOE TOUCH FWD WITH HIP (UP – DOWN – UP) – BACK ROCK – LOCK SHUFFLE BACK

1&2& toe touch RF to side, close RF next to LF, toe touch LF to side, close LF next to RF
3&4 toe touch RF fwd with hip up, down, up
5, 6 step RF back, recover on LF
7&8 step RF back, lock LF in front of RF, step RF back

S4# BACK ROCK – LOCK SHUFFLE FWD – ½ PIVOT – ½ PIVOT

1, 2 step LF back, recover on RF
3&4 step LF fwd, lock RF behind Lf, step LF fwd
5, 6 step RF fwd, ½ turn Left weight on LF
7, 8 step RF fwd, ½ turn Left weight on LF

REPEAT from the start

Let's Get Sweaty, Healthy and Happy!

Best Regards
Herman Baso
Email: hermanbaso.official@gmail.com
IG : Herman.baso1
FB: Herman.baso