

Eat You Up

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Emily-Rose Winkworth (NZ) - 26 June 2024
音樂: LUNCH - Billie Eilish : (Album: Hit Me Hard and Soft)



Start dance on count 8

Section 1-SIDE BEHIND, ROCK RECOVER, JAZZ BOX QUARTER TURN RIGHT SIDE SHUFFLE

1,2 Step RF to right side, Step LF behind right
3,4 Rock out to right side on RF and recover on to LF.
5,6, Cross right over left, step back ¼ turn right stepping back on LF
7&8 Stepping right to side LF together with RF right foot to the side

Section 2- LEFT SIDE SHUFFLE, ROCK RECOVER, SIDE BEHIND, QUARTER SHUFFLE

1&2 Step LF to left side, step together with RF step LF to the left side.
3,4 Rock back on RF and recover on to LF.
5,6 Step RF to right side, Step LF behind right
7&8 Turning ¼ turn right Shuffling R, L, R

SECTION 3 - LEFT HEEL GRIND, QUARTER TURN, ROCK BACK, RECOVER, ROCKING CHAIR

1,2 Step forward on LF grinding heel a quarter turn left.
3,4 Rock back on LF foot, recover on to RF.
5,6,7,8 Rock forward on LF, recover weight back on RF, Rock back on LF, Recover weight forward on Right.

Section 4- LEFT SAMBA, RIGHT SAMBA HEEL AND TAP OUT, OUT TAP

1&2 cross LF over RF step RF to the right side, step LF in place
3&4 cross RF over LF step LF to the left side, step RF in place
5&6& step LF heel forward then together with RF, tapping RF beside LF, step RF out to right side
7,8 step LF out to left side touching right beside left.

Enjoy the dance.

Submitted by: Phoenix Adamson - Email: phoenix_adamson09@hotmail.com