

Prison of the Soul (Nhà Giam Tâm Hồn)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Heru Tian (INA) - January 2025
音樂: Nhà Giam Tâm Hồn - Tăng Duy Tân



***1 Tag, No Restart

**Tag 4C at the end of Wall 7 : Walks Around Turn R (facing 6.00)

Section 1 : Press Fwd/ Hip Roll, Recover, Coaster, Fwd, Lock, Fwd Lock Shuffle

12 Press RF Fwd, start to roll your hip clockwise (1), Recover on LF, finish hip roll (2)
3&4 Step RF Back (3), Step LF Next to RF (&), Step RF Fwd (4)
56 Step LF Fwd (5), Lock RF behind LF (6)
7&8 Step LF Fwd (7), Lock RF behind LF (&), Step LF Fwd (8)

Section 2 : Diagonally Touch & Together (R&L), 1/4L Paddle Turn (X2)

1234 Point RF toe to R Diagonal (1), Close RF next to LF (2), Point LF to L Diagonal (3), Close LF next to RF (4)
5678 Press RF Fwd (5), While rolling hip, make a 1/4L, Recover weight to LF (6), Repeat 5-6 (7,8) (6.00)

Section 3 : Fwd, Touch Fwd, Heels Swivel, Together, Pivot 1/4L, Cross Shuffle

12&3 Step RF Fwd (1), Touch LF Fwd (2), Swivel both heels to Left (&), Return both heels to centre (3)
4 Close LF next to RF (4)
56 Step RF Fwd (5), Pivot 1/4L, Shifting weight to LF (6) (3.00)
7&8 Cross RF over LF (7), Step LF to L Side (&), Cross RF over LF (8)

Section 4 : 1/4R Back, Side, Walks Fwd, Together/Sways, Touch

1234 1/4R, Step LF back (1), Step RF to R Side (2), Walk LF Fwd (3), Walk RF Fwd (4) (6.00)
5678 Step LF Next to RF, Sway Hip to Left (5), Sway Hip to Right (6), Sway Hip to Left (7), Touch RF next to LF (8)

Start the dance again..

Lets dance..

Best Regards,

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