

Today I Don't Feel Like Doing Anything

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
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音樂: The Lazy Song - Bruno Mars



Intro: 32 counts

No Tags, 2 Restarts

Restart on wall 2 after 8 count (09.00)

Restart on wall 5 after 24 count (03.00)

S1. LOCK DIAGONAL FORWARD, LOCK SHUFFLE DIAGONAL FORWARD (R,L)

1,2 Step RF diagonal forward R, Step LF behind RF
3&4 Step RF diagonal forward R, Step LF behind RF, Step RF diagonal forward R
5,6 Step LF diagonal forward L, Step RF behind LF
7&8 Step LF diagonal forward L, Step RF behind LF, Step LF diagonal forward L

S2. KICK BALL TOUCH, SAILOR STEP WITH SWEEP, FORWARD ROCK, COASTER STEP, TOGETHER

1&2 Kick RF forward, Step RF beside LF, Touch LF to L
3&4 Cross LF behind RF with sweep, Step RF to R, Step LF to L
5,6 Rock RF forward, Recover on LF
7&8& Step RF back, Step LF beside RF, Step RF forward, Step LF next to RF

S3. SYNCOPATED TOUCH (HEEL TOUCH FORWARD, TOE TOUCH BESIDE), TOGETHER

1&2& Touch R heel forward, Step RF next to LF, Touch L heel forward, Step LF next to RF
3&4& Touch R heel forward, Touch R toe beside LF, Touch R heel forward, Step RF next to LF
5&6& Touch L heel forward, Step LF next to RF, Touch R heel forward, Step RF next to LF
7&8& Touch L heel forward, Touch L toe beside RF, Touch L heel forward, Step LF next to RF

S4. SAILOR STEP WITH SWEEP R,L, 1/4 TURN R WALK R,L, 1/2 TURN R RUN R,L,R,L

1&2 Cross RF behind LF with sweep, Step LF to L, Step RF to R
3&4 Cross LF behind RF with sweep, Step RF to R, Step LF to L
5,6 1/8 turn R step RF forward, 1/8 turn R step LF forward (03.00)
7&8& 1/8 turn R run R, 1/8 turn R run L, 1/8 turn R run R, 1/8 turn R run L (09.00)