

Like A Pill

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Jones (UK)
音樂: Just Like a Pill - P!nk



RIGHT OUT, SLIDE RIGHT IN, RIGHT SHUFFLE FORWARD, STEP OUT, OUT, IN, LEFT SHUFFLE FORWARD

1-2 Touch right out to right side, slide right in
3&4 Step right forward, step left up to right, step right forward
5&6 Step left to left side, step right to right side, touch left next to right
7&8 Step left forward, step right next to left, step left forward

ROCK FORWARD AND BACK, $\frac{3}{4}$ SHUFFLE, SWAY LEFT AND RIGHT, LEFT KICK BALL STEP BACK

9-10 Rock forward right, rock back onto left
11&12 Triple step right, left, right, turning $\frac{3}{4}$ turn to right
13-14 Sway left then right
15&16 Kick left forward, replace weight on left, step right back

TURN $\frac{1}{2}$ TO RIGHT BOUNCING UP, DOWN, UP, TRIPLE STEP RIGHT, LEFT, RIGHT TURNING $\frac{1}{2}$ TURN RIGHT, ROCK FORWARD LEFT BACK RIGHT, LEFT LOCK LEFT, BACKWARDS

17&18 Bounce up, down, up, turning $\frac{1}{2}$ turn to right taking full 2 counts
19&20 Triple step right, left, right, turning $\frac{1}{2}$ turn to right
21-22 Rock forward left, rock back right
23&24 Step left back, cross right across left, step left back

RIGHT SAILOR STEP, $\frac{1}{4}$ TURNING LEFT SAILOR STEP, RIGHT SHUFFLE FORWARD, LEFT HEEL SWITCH TURN $\frac{1}{4}$ RIGHT & TOUCH

25&26 Step right behind left, step left next to right, step right to right side
27&28 Step left behind right, step right next to left, turn $\frac{1}{4}$ to left stepping left forward
29&30 Step right forward, step left up to right, step right forward
31&32 Place left heel forward, turn $\frac{1}{4}$ to right stepping left next to right, touch right next to left

REPEAT

TAG

After the 3rd wall

1-4 Shoop steps right, together, right, hold
5-8 Shoop steps left, together, left, hold
9&10 Right cha-cha-cha
11&12 Left cha-cha-cha
13-16 Skate forward right, left, right, left