

Lost In The Music

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 4 級數: Improver
編舞者: Scott Herbert (USA) & A. J. Herbert (USA)
音樂: Rhythm Divine - Enrique Iglesias



Sequence: A, B, A, B, A (4-count tag), B, B, A, A

PART A

RIGHT MAMBO FORWARD, LEFT MAMBO BACK, RIGHT MAMBO RIGHT, LEFT MAMBO LEFT

1&2 Right rock forward, left recover, right step together
3&4 Left rock back, right recover, left step together
5&6 Right rock out to right, left recover, right step together
7&8 Left rock out to left, right recover, left step together

WALK FORWARD RIGHT-LEFT, LOCK STEP RIGHT-LEFT-RIGHT, ROCK RECOVER, SAILOR TURN ¼ LEFT

9-10 Step forward right, step forward left
11&12 Step forward right, step left behind right, step forward right (samba-like hip movements)
13-14 Left rock forward, right recover
15&16 Left step ball of foot behind right (turn ¼ left), right step ball of foot side right, left step forward

17-24 Repeats steps 9-16

RIGHT ROCK OUT, RECOVER, CROSSING SHUFFLE, LEFT ROCK OUT, RECOVER, CROSSING SHUFFLE

25-26 Right rock out right, left recover
27&28 Step right over left, step left side, step right over left
29-30 Left rock out left, right recover
31&32 Step left over right, step right side, step left over right

RIGHT ROCK OUT RIGHT, SAILOR TURN ¼ RIGHT, ROCK RECOVER, COASTER STEP

33-34 Right rock side, left recover
35&36 Right step ball of foot behind left, left step ball of foot side left, right step forward, turn ¼ right
37-38 Left rock forward, right recover
39&40 Left step ball of foot back, right step ball of foot next to left, left step forward

PART B

WALK RIGHT-LEFT, LOCK STEP RIGHT-LEFT-RIGHT, ROCK RECOVER, 1 & ½ BACK LEFT TURN

1-2 Right step forward, left step forward
3&4 Step forward right, step left behind right, step forward right (samba-like hip movements)
5-6 Left rock forward, right recover
7-8& Left backwards to left ¼ turn, continue turning left, step right ½ turn, continuing left - spinning ¾ turn on right

LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD, ROCK RECOVER, SHUFFLE LEFT ¼ TURN

9&10 Left forward, step right beside left, step left forward
11&12 Step right forward, step left beside right, step right forward
13-14 Left rock forward, right recover
15&16 Left step left with ¼ turn left, right step next to left, left step left
17-32 Repeats steps 1-16

TAG

SWAY RIGHT, LEFT, RIGHT, LEFT

- 1 Sway right
- 2 Sway left
- 3 Sway right
- 4 Sway left (weight ends on left)

OPTIONAL ENDING

- 1-16 Part A steps 1-16

WALK FORWARD RIGHT-LEFT, LOCK STEP RIGHT-LEFT-RIGHT, ROCK RECOVER, SAILOR TURN ¼ LEFT

- 17-18 Step forward right, step forward left
- 19&20 Step forward right, step left behind right, step forward right (samba-like hip movements)
- 21-22 Left rock forward, right recover
- 23&24 Left step ball of foot behind right (turn ¼ left), right step ball of foot side right, left step forward, ¾ turn left

Ends with left crossed in front of right facing front wall
