

You're Not The One

COPPER **NOB**
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver mambo
編舞者: Tim "Ham" Warren (USA)
音樂: You're Not The One - K T Tunstall



RIGHT KICK, BALL, STOMP MOVING FORWARD 4 TIMES

1&2-3&4 Right kick forward, step on ball of right, stomp forward on left foot, right kick forward, step on ball of right, stomp forward on left foot
5&6-7&8 Right kick forward, step on ball of right, stomp forward on left foot, right kick forward, step on ball of right, stomp forward on left foot

¼ RIGHT TURN TO WALK RIGHT, LEFT, RIGHT, ½ TURN LEFT, WALK LEFT, RIGHT, LEFT, STOMP RIGHT

9-10-11-12 ¼ right step on right, step forward left, step forward right, ½ left while hitching left
13-14-15-16 Step forward left, step forward right, step forward left, stomp forward right

LEFT KICK, BALL, POINT-RIGHT KICK, BALL, POINT-LEFT KICK, BALL, POINT-RIGHT KICK, BALL, POINT

17&18-19&20 Left kick forward, step forward on ball of left, point right toe right, right kick forward, step forward on ball of right, point left toe left
21&22-23&24 Left kick forward, step forward on ball of left, point right toe right, right kick forward, step forward on ball of right, point left toe left

STEP BACK ON LEFT, RIGHT, ½ SHUFFLE LEFT- STOMP RIGHT, HOLD, STOMP LEFT, HOLD

25-26-27&28 Step back on left, step back on right, ½ left on left shuffle back (optional full turn left on left step and right step)
29-30-31-32 Stomp right forward, hold, stomp left forward, hold

BUMP 2X RIGHT, BUMP 2X LEFT, RIGHT SHUFFLE RIGHT, BUMP HIPS RIGHT, LEFT, RIGHT

33&34-35&36 Bump right hip back, forward, back, bump left hip forward, back, forward
37&38-39&40 Shuffle right on right, left together, right to right, bump hips right, left, right

LEFT SHUFFLE LEFT, BUMP HIPS LEFT, RIGHT, LEFT, STOMP RIGHT, HOLD, STOMP LEFT, HOLD

41&42-43&44 Shuffle left on left, right together, left to left, bump hips left, right, left
45-46-47-48 Stomp right forward, hold, stomp left forward, hold

REPEAT