

Free Up Ya Vibe

COPPER KNOB
STYLEDANCE

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Tess & Tone
音樂: Breathe (feat. Sean Paul) - Blu Cantrell



¼ TURN, TOUCH, CHASSE LEFT TWICE

1-2 Step right into quarter turn left, touch left next to right
3&4 Chasse left, right, left
5-6 Step right into quarter turn left, touch left next to right
7&8 Chasse left, right, left

¼ TURNING TOUCH AND HEELS TWICE, ¼ TURN PIVOT

1&2 Touch right toe next to left heel, step back on right, present left heel turning 1/8 turn left
&3&4 Step on left, touch right toe next to left heel, step back on right, present left heel turning 1/8 turn left
5-6 Step right, hold
7-8 ¼ turn left transferring weight onto left, hold

LONG STEP, TOUCH, TRIPLE FULL TURN, CROSS AND SIDE, SAILOR ½ TURN

1-2 Long step right to right side, touch left next to right
3&4 Triple full turn, left, right, left
5&6 Cross right in front of left, recover left, step side right
7&8 Step left behind right, turn ½ left onto right foot, step side left

ROCK FORWARD, RECOVER, BACK LOCK STEP, SWEEP ½ TURN, SWAY RIGHT, LEFT

1-2 Rock forward right, recover left
3&4 Step back right, lock left in front, step back right
5-6 Sweep left behind into ½ turn left
7-8 Sway right, left

BUMP RIGHT, LEFT, ½ PIVOT TURN, WALK RIGHT, LEFT

1&2 Bump hips right, left, right
3&4 Bump hips left, right, left
5-6 Step right, ½ pivot turn left
7-8 Walk right, left

KICK, STEP BACK, KICK CROSS, ROLLING HIP FULL TURN

1-2 Kick right, step back
3-4 Kick left, cross in front of right
5-8 Unwind full turn rolling hips to the right and weight ending on left

REPEAT
