

Easy Chill

COPPER **NOB**
BY STEPHEN

拍數: 48 牆數: 1 級數: Beginner west coast swing
編舞者: Marilene Sisco (USA)
音樂: Last Night (feat. DJ Robbie) - Chris Anderson



RIGHT GRAPEVINE WITH KICK, LEFT GRAPEVINE WITH KICK(REPEAT)

- 1-4 Step right with right foot, step left foot behind right foot, step right with right foot, kick left foot forward in front of right foot clapping hands simultaneously while kicking left foot forward
- 5-8 Step left with left foot, step right foot behind left foot, step left with left foot, kick right foot in front of left foot clapping hands simultaneously while kicking right foot forward
- 1-4 Step right with right foot, step left behind right foot, step right with right foot, kick left foot forward in front of right foot clapping hands simultaneously while kicking left foot forward
- 5-8 Step left with left foot, step right foot behind left foot, step left with left foot, kick right foot in front of left foot clapping hands simultaneously while kicking right foot forward

DIAGONAL STEPS BACK AND FORWARD (K STEPS)

- 1-4 Step right foot back diagonally clapping hands together simultaneously, step right foot beside left foot clapping hands simultaneously
- 5-8 Step right foot forward diagonally clapping hands together simultaneously, step right foot beside left foot clapping hands simultaneously

POINT SEQUENCE RIGHT AND LEFT WITH TRIPLE STEPS

- 1-4 Point right toes forward with weight on left foot, point right toes to right side with weight on left foot, triple step in place right left right
- 5-8 Point left toes forward with weight on right foot, point left toes to left side with weight on right foot, triple step in place left right left

JAZZ BOX TWICE TURNING ¼ RIGHT TWICE

- 1-4 Step right foot over left, step left foot back slightly turning ¼ right, step right foot to right side, step left foot beside right foot
- 5-8 Step right foot over left, step left foot back slightly turning ¼ right, step right foot to right side, step left foot beside right foot

HEEL/SHOULDER LIFT SEQUENCE TURNING ¼ LEFT TWICE

- 1-2 Lift heels stepping on balls of both feet raising shoulders simultaneously, lower heels and shoulders simultaneously,
- 3-4 Lift heels while pivoting ¼ left stepping on balls of both feet and raising shoulders simultaneously, lower heels and shoulders simultaneously
- 5-6 Lift heels stepping on balls of both feet raising shoulders simultaneously, lower heels and shoulders simultaneously
- 7-8 Lift heels while pivoting ¼ left stepping on balls of both feet and raising shoulders simultaneously, lower heels and shoulders simultaneously

REPEAT

RESTART

On wall 4, restart after 16 counts