

Easy Does It

COPPER KNOB
STEPSHETS

拍數: 16 牆數: 4 級數: Beginner
編舞者: Cato Larsen (NOR)
音樂: The Anthem - NG3



WALK FORWARD, MAMBO ROCK, POINT, ¼ TURN, HEAD TURN, TOGETHER, SIDE

1-2 Step forward on right, step forward on left
3&4 Step forward on right, rock (recover) back onto left, step back on right
5-6 Point left toe back, pivot body (not the head) ¼ turn left
7&8 Turn head ¼ turn left, step right beside of left, step left to left side

BACK, TAP, FORWARD, OUT, PUNCH ARMS FORWARD, PELVIC THRUSTS

1-2 Step back on right, tap left toe to floor in front
Arms: punch left arm straight forward, sweep right arm over your head as if you are combing your hair with your fingers
3-4 Step forward on left, step right slightly to right side
5-6 Reach forward with left arm, reach forward with right arm (as if you were grabbing the hips to the person in front of you)
7-8 Push hips forward & back twice

REPEAT
