

Bring It All Back

COPPERKNOB
BY SHEETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Wayne Parkin
音樂: Bring It All Back - S Club 7



Sequence: ABA, ACBA, ACC, TAG, A to the end

PART A

SYNCOATED OUT-OUT, HOLD, SHUFFLE FORWARD, ROCK FORWARD, SHUFFLE BACK

&1-2 Jump feet apart right, left. Hold
3&4 Shuffle forward right, left, right
5-6 Rock forward on left, back on right
7&8 Shuffle back left, right, left

MONTEREY TURN RIGHT, SHUFFLE LEFT, ROCK BACK, SHUFFLE RIGHT

1-2 Touch right to right side, while turning bring right foot to left foot
3&4-5-6 Shuffle left. Left, right, left. Rock right behind left
7&8 Shuffle right. Right, left, right

PART B

ROCK LEFT TO LEFT, CROSS SHUFFLE, ROCK RIGHT TO RIGHT, TURN RIGHT, THEN FULL TURN

1-2-3&4 Rock left to left, cross left over right and shuffle right. Left, right, left
5-6 Rock right to right, when rocking back on to left turn right
7&8 Full turn right, left, right

ROCK FORWARD ON LEFT, LEFT SAILOR STEP, RIGHT SAILOR STEP, ROCK BACK ON LEFT

1-2 Rock forward on left and back on right
3&4 Step left behind right, rock right to right, transfer weight center on left
5&6 Step right behind left, rock left to left, transfer weight center on right
7-8 Rock left behind right

STEP, HOLD, & SMALL JUMP LEFT, HOLD, STEP, STEP, STEP, TWIST HEALS LEFT, TWIST HEALS RIGHT

1-2&3-4 Step left to left hold small jump to left, hold
5-6-7-8& Step forward right, left, right, twist heals left twist heals back to right

ROCK FORWARD ON LEFT SHUFFLE LEFT BACK, MONTEREY TURN RIGHT, TRIPLE STEP

1-2 Rock forward on left
3&4 Shuffle back on left
5-6 Touch right to right side, while turning bring right foot to left foot
7&8 Triple step. Left, right, left

STEP FORWARD, STEP FORWARD SHUFFLE FORWARD, ROCK FORWARD TURN SHUFFLE

1-2 Step forward right, left
3&4 Shuffle forward right, left, right
5-6 Rock forward on left and back on right
7&8 Turn to left shuffle left, right, left

STEP FORWARD, STEP FORWARD SHUFFLE FORWARD, 2 X PADDLE TURNS, SHUFFLE

1-2 Step forward right, left
3-4 Step forward on right turn left
5-6 Step forward on right turn left

7&8 Turn to left shuffle right, left, right

PART C

STEP LEFT FORWARD 2X HIP BUMPS, STEP RIGHT FORWARD 2X HIP BUMPS, ROCK LEFT FORWARD, TURN SHUFFLE

1-2 Step forward left, push hips forward twice
3-4 Step forward right, push hips forward twice
5-6 Rock forward on left, back on right
7&8 Turn shuffle left. Left, right, left

STEP RIGHT FORWARD 2X HIP BUMPS, STEP LEFT FORWARD 2X HIP BUMPS, ROCK RIGHT FORWARD, TURN SHUFFLE

1-2 Step forward right, push hips forward twice
3-4 Step forward left, push hips forward twice
5-6 Rock forward on right, back on left
7&8 Turn shuffle right. Right, left, right

TAG

STEP FORWARD, STEP FORWARD SHUFFLE FORWARD, ROCK FORWARD TURN SHUFFLE

1-2 Step forward left, right
3&4 Shuffle forward left, right, left
5-6 Rock forward on right and back on left
7&8 Turn to right shuffle right, left, right

STEP FORWARD, STEP FORWARD SHUFFLE FORWARD, 2 X PADDLE TURNS, SHUFFLE

1-2 Step forward left, right
3-4 Step forward on left turn right
5-6 Step forward on left turn right
7&8 Shuffle forward left, right, left
