

Bring It On

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Rosalie Mackay (AUS)
音樂: Bring It On - Rosie Flores



SIDE, TAP, SHUFFLE LEFT, CROSS ROCK, 1 ¼ CHA-CHA TURN

1-2-3&4 Step right to side, tap left beside right, shuffle to left (left, right, left)
5-6-7&8 Rock/step right across left, step left in place, turn ¼ right & step right forward, continuing to travel forward turn a full turn stepping left, right

Now facing 3:00

ROCK FORWARD & BACK, SHUFFLE BACK, TOUCH, QUARTER-TURN SIDE & CROSS

1-2-3&4 Rock/step left forward, step right in place, shuffle back left, right, left
5-6-7&8 Step back on ball of right, turning ¼ right drop right heel (weight fully on right), step left to side, step right close to left & slightly back, cross left in front of right

SIDE, BEHIND, QUARTER, & HALF, STEP, SPIN, SHUFFLE FORWARD

1-2-3&4 Step right to side, step left behind right, turning ¼ right step right forward, turning a further ½ right step left back, rock/step back on right
5-6-7&8 Step left forward, traveling forward spin a full turn left on right, shuffle forward left, right, left

THREE-QUARTER TURN, STEP, CROSS, & CROSS, & CROSS, & TURN, & TURN, & TURN

1-2-3&4&5 Step right forward & turn ¾ left, step left to left side, cross right over left, step left to side, cross right over left, step left to side, cross right over left
&6&7&8 Turning a full turn right (& keeping legs slightly crossed) step left, turn 1/3 & step right, step left, turn 1/3 & step right, step left, turn 1/3 & step right

CROSS & SAMBA, CROSS & SAMBA, PIVOT TURN, SHUFFLE FORWARD

1&2-3&4 Step left in front of right, step right to side, step left in place, step right in front of left, step left to side, step right in place
5-6-7&8 Step left forward, pivot ½ right (weight on right), shuffle forward left, right, left

FULL TURN, SHUFFLE FORWARD, PIVOT TURN, CHA-CHA TURN

1-2-3&4 Turning a full turn left and traveling forward step right, left, shuffle forward right, left, right
5-6-7&8 Step left forward, pivot ½ right (weight on right), turning a further ½ right step left, right, left

ROCK BACK & FORWARD, CHA-CHA TURN, ROCK BACK & FORWARD STEP, TURN, COASTER STEP

1-2-3&4 Rock/step back on right, step forward on left, turning ½ left step right, left, right
5-8 Rock/step back on left, step forward on right, step forward on left, turn ½ right on left (right heel on floor)
1&2 Step right back, step left together, step right forward

STEP, TURN, COASTER STEP, FORWARD, TAP

3-4 Step left forward, turn ½ right on left (right heel on floor)
5&6-7-8 Step right back, step left together, step right forward, step left forward, tap right beside left

REPEAT