

All Grown Up

COPPER KNOB
STEPSHETS

拍數: 40 牆數: 4 級數: Improver
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音樂: Life Goes On - LeAnn Rimes



WALK, WALK, SHUFFLE STEP, ½ TURN, ¼ TURN

- 1 Walk forward on left foot
- 2 Walk forward on right foot
- 3&4 Shuffle step forward (left, right, left)
- 5 Step forward on right foot
- 6 ½ turn to the left
- 7 Step forward on right foot
- 8 ¼ turn to the left

SIDE CHA-CHA WITH PREP, ¾ TURN, SIDE CHA-CHA WITH PREP, ¾ TURN

- 1&2 Step side right, step left next to right, step side right with a prep to the right with ¼ turn to the right
- 3&4 ¾ turn to the right
- 5&6 Step side left, step right next to left, step side left with a prep to the left with ¼ turn to the left
- 7&8 ¾ turn to the left

BACK LOCK STEP, BACK LOCK STEP, ROCK, ROCK, SHUFFLE FORWARD

- 1&2 Back lock step (right left, right)
- 3&4 Back lock step (left, right, left)
- 5 Rock back on right foot (stepping back)
- 6 Rock forward on left foot
- 7&8 Shuffle forward (right, left, right)

SIDE, STEP TOGETHER, SIDE CHA-CHA, HIP SWAYS

- 1 Step side left
- 2 Step right foot together with left foot
- 3&4 Step side left, step right next to left, step side left
- 5-8 Sway hips (right, left, right, left)

SIDE, STEP TOGETHER, SIDE CHA-CHA, HIP SWAYS

- 1 Step side right
- 2 Step left foot together with right foot
- 3&4 Step side right, step left next to right, step side right
- 5-8 Sway hips (left, right, left, right)

REPEAT
