

Valerie

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Improver (Fast)
編舞者: Maggie Gallagher (UK) - October 2007
音樂: Valerie (feat. Amy Winehouse) - Mark Ronson



Intro : 4 taps, followed by 16 counts – Start on vocals (11 secs)

The dance moves in a Clockwise direction.

SIDE STEP –TOUCH x2, PART RUMBA BOX FORWARD, SIDE STEP –TOUCH x2, PART RUMBA BOX BACK

1& Step right to right side, Touch left next to right (12)
2& Step left to left side, Touch right next to left
3&4 Step right to right side, Step left next to right, Step forward on right
5& Step left to left side, Touch right next to left
6& Step right to right side, Touch left next to right
7&8 Step left to left side, Step right next to left, Step back on left

ROCK, RECOVER, 1/2 LEFT, LEFT COASTER, WALK , STEP, 1/2 PIVOT RIGHT, WALKS

1&2 Rock back on right, Recover onto left, Make 1/2 turn left stepping back on right (6)
3&4 Step back on left, Step right beside left, Step forward on left
5,6& Walk forward on right, Step forward on left, 1/2 pivot turn right
7,8 Walk forward left, Walk forward right

TOE-HEEL-CROSS x2, 1/4 RIGHT, SIDE, LEFT CROSS, SIDE ROCK, RECOVER, TOUCH

1&2 Touch left toe beside right, Tap left heel in front of right, Cross left over right
3&4 Touch right toe beside left, Tap right heel in front of right, Cross right over left
5&6 Make 1/4 turn right stepping back on left, Step right to right side, Cross left over right (3)
7&8 Rock out to right side, Recover onto left side, Touch right next left

SLOW HIP BUMPS x2, FAST HIP BUMPS x3, SLOW TWISTS x2, QUICK TWISTS x3, TOUCH

1,2 Bump hips right, Bump hips left
3&4 Bump hips - Right, Left, Right
5,6 Twist heels left, Twist toes left,
7&8& Twist heels Left-Toes Left-Heels left, Touch right beside left (3)

Begin again