

Empty Your Head

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sam Cropper - April 2010
音樂: Ya Ya - The Empty Heads



Starts after 32 counts (approx 20 secs)

(1-8) Mambo fw, Mambo back, Mambo right, Mambo left

1&2 Rock fw on R, recover on L, step R next to L
3&4 Rock back on L, recover on R, step L next to R
5&6 Rock R to R side, recover on L, step R next to L
7&8 Rock L to L side, recover on R, step L next to R

(9-16) Chase turn, L shuffle, step fw, point fw, step back, point back

1&2 Step fw on R, make 1/2 turn L, step fw on R (6:00)
3&4 Step fw on L, step R next to L, step fw on L
5-6 Step fw on R, point L fw
7-8 Step back on L, point R back

(17-24) 1/4 ballstep three times, 1/4, rock fw, sailor 1/4 R

1& Step fw on R making 1/4 turn right, step back on ball of L
2&3& Repeat 1& twice
4 Step fw on R making 1/4 turn right (6:00)
5-6 Rock fw on L, recover on R
7&8 Cross L behind R, step fw on R making 1/4 turn R, step L to left side (9:00)

(25-32) Cross, rock side, cross, rock side, jazzbox

1&2 Cross R over L, rock L to left side, recover on R
3&4 Cross L over R, rock R to right side, recover on L
5-6 Cross R over L, step back on L
7-8 Step R to right side, step L a little fw

Restart Happens on wall 4 after count 16 (facing 9 o'clock)

Tag Happens after wall 8 (facing 9 o'clock)

1-4 Make a ccw hiproll

Use your hips and have fun!

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