

Sugar-Free Candy

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - May 2011
音樂: Candy Shop - The Baseballs : (Album: Strings 'n' Stripes 2011)



Intro: 20 Counts (11 Sec)

Sec 1: [1-8] Big Step Side, Back Rock & Recover, 1/4 Turn L, Lock Step Fwd, 1/4 Turn L, Big Step Side, Back Rock & Recover, L Side Chasse, 1/4 Turn L

1-2& Step Rf big to the right, rock Lf behind Rf, recover on Rf (12:00)
3&4 Turn 1/4 left (9) step forward on Lf, lock Rf behind Lf, step forward on Lf (Lock step fwd)
5-6& Turn 1/4 left (6) Step Rf big to the right, rock Lf behind Rf, recover on Rf
7&8 Step Lf to the left, step Rf beside Lf, turn 1/4 left (3) step forward on Lf (Side Chasse 1/4 L)

Sec 2: [9-16] Diagonal Kick Fwd, Lift, Back, Walks Back L-R, Back Mambo, Fwd, Brush, 1/4 Turn L, Hop, Out

1&2 Kick diagonally forward on Rf, lifting R knee up keep weight onto Lf, step back on Rf (3:00)
3-4 Stepping back on Lf, stepping back on Rf weight onto Rf
5&6 Mambo Lf back, recover on Rf, step forward on Lf weight onto Lf
7&8 Brush forward on Rf, turn 1/4 left (12) hop forward on Lf lifting R knee up keep weight onto Lf, step Rf out to the right take weight onto both feet

Tag Here - WALL 6 after 16 counts (Facing 9 o'clock)

Sec 3: [17-24] Toe Fan R, Toe Fan L, Sailor Step 1/4 Turn R, Fwd Rock / Recover, 1/4 Turn R, Side, Fwd Rock / Recover, Side

1&2 Move your R toe out to right while keeping your R heel in contact with the floor, replace next to Lf, move your L toe out to left while keeping your L heel in contact with the floor
3&4 Step Lf behind Rf, turn 1/4 right (3) step forward on Rf, step forward on Lf weight onto Lf
5&6 Rock forward on Rf, recover on Lf, turn 1/4 right (6) step Rf to the right weight on Rf
7&8 Rock forward on Lf, recover on Rf, step Lf to the left weight on Lf (6:00)

Sec 4: [25-32] Cross, 1/4 Turn R, Back (Push Hips Back), Walks Fwd R-L, Kick ball Step, Rising Slow Step Fwd, Together

1-2 Cross Rf over Lf, turn 1/4 right (9) step back on Lf (pushing hips back) weight onto Lf
3-4 Stepping forward on Rf, stepping forward on Lf weight onto Lf (walks fwd R-L)
5&6 Kick forward on Rf, step Rf back in place on ball, step forward on Lf
7-8 Step Rf slow forward (toe up) while you rising and stretching your R leg forward step Rf back in place, step Lf next to Rf take weight onto both feet (9:00)

Tag Here - WALL 3 after 32 counts (Facing 3 o'clock)

TAG: Step Slide, Back Rock & Recover, Side, Together

1-2& Step Lf to the left and drag on Rf, rock Rf behind Lf, recover on Lf
3-4 Step Rf to the right, step Lf next to Rf take weight onto both feet

When you start dancing WALL 8: The music has no beat only vocal you can continue dancing.

Start again and have fun!

smoothdancer79@hotmail.com