

Light And Shadow

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Beginner Intermediate
編舞者: Peter Kim (USA) - February 2012
音樂: Have You Forgotten - After School : (Lights & Shadows OST Part.1)



Special thanks to Ms. Margaret Lee .

Start after 32 counts.

Part 1=Vine Step R, Vine Step L.

1-4 Step R to Right Side, L behind R, R to Right Side, L Touch R.(Heart Arms overhead)
5-8 Reverse steps of (1-4)

Part 2=Sway R twice Forward R, Sway L Back Twice, Sway R, Sway Left X2 Ending Left Foot To Touch R. Side Foot.

1-4 Step Forward R Sway (R.L.)Twice, Sway (L.R.) Twice
5-8 Sway Forward R Sway Backward L, Repeat Ending Left foot to touch R.

Part 3=Reverse Part 1-8

Part 4=Reverse Part 2-8

Part 5=. Bachata Pattern

1-4 Walk forward R, L, R, Kick L forward
5-6 Walk back (L, R)
7&8 Coaster Step in place (L,R,L)

Part 6= Repeat Part 5(5-8).

Part 7=Sway to R&L Stepping R to Diagonal 45 Degrees 4 times to face 6 O'clock

Part 8-8=Monterey Turn R, Left Mambo Step, Touch L Foot to R. Monterey Turn L, R Mambo Step, Touch R Foot to L

Tag (After 16 Counts Ending Left Foot Together R. Foot at 4th. Wall, Start the Tag "Tush Push"48 Counts) RIGHT HEEL TAPS

1-4 Touch right heel forward, touch right together, touch right heel forward, touch right heel forward & Step right together

LEFT HEEL TAPS

5-8 Touch left heel forward, touch left together, touch left heel forward, touch left heel forward
& Step left together

RIGHT, LEFT, RIGHT HEEL TAPS AND CLAP

9& Touch right heel forward, step right together
10& Touch left heel forward, step left together
11-12 Touch right heel forward, clap

BUMP HIPS RIGHT TWICE, BUMP HIPS LEFT TWICE, BUMP HIPS RIGHT AND LEFT TWICE

13-14 Rock right in place and bump hips right, bump hips right
15-16 Recover to left and bump hips left, bump hips left
17-20 Bump hips right, bump hips left, bump hips right, bump hips left (weight to left)

RIGHT FORWARD CHA-CHA, LEFT BACKWARD CHA-CHA

21&22 Step right forward, step left together, step right forward
23-24 Rock left forward, recover to right
25&26 Step left back, step right together, step left back
27-28 Rock right back, recover to left

RIGHT FORWARD CHA-CHA AND ½ TURN RIGHT, LEFT FORWARD CHA-CHA AND ½ TURN LEFT

29&30 Step right forward, step left together, step right forward
31-32 Step left forward, turn ½ right (weight to right)
33&34 Step left forward, step right together, step left forward
35-36 Step right forward, turn ½ left (weight to left)

RIGHT FORWARD, ¼ TURN LEFT, STOMP, AND CLAP.

37-38 Step right forward, turn ¼ left (weight to left)
39-40 Stomp right together, clap

[41-48] SIDE ROCK CROSS (X2), 1/4 TURN Left, ½ Turn Left, Triple Step FORWARD R,L,R & Hitch R.

41&42 Side Rock R to R, Replace to L, Cross R over L
43&44 Side Rock L to L, Replace to R, Cross L over R
45-46 Making 1/4 turn to Left step back on R, Pivot ½ turn L step forward on L
47&48& Triple Step forward R,L,R,Hitch R.(or Easy 2 Steps Forward R,L.)

Have Fun.....

Any inquiries should be forwarded through the Email below;
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Thank you,
