

Diet Mountain Dew

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Irene Tang (HK) - May 2012
音樂: Diet Mountain Dew - Lana Del Rey : (CD: Born To Die, Deluxe Edition)



Count In: 16 counts

SEC 1: FWD ROCK, RECOVER, OUT OUT IN IN, TOUCH SWIVEL HITCH, R COASTER

1 – 2 Rock RF fwd, Recover on LF
3&4& Step RF to R, Step LF to L, Step RF in, Close LF to RF
5&6& Touch RF fwd, Swivel both heels out, Swivel both heels in, Hitch RF up to front
7&8 Step RF back, Close LF to RF, Step RF fwd

SEC 2: SIDE MAMBO X 2, OUT OUT, SWIVEL

1&2 Rock LF to L, Recover on RF, Close LF to RF
3&4 Rock RF to R, Recover on LF, Close RF to LF
5 – 6 Step LF slightly fwd out to L, Step RF slightly fwd out to R
7&8 Swivel in towards centre: heel – toe – heel, with weight ends on LF

SEC 3: FWD ROCK, RECOVER, 1/4 SAILOR, FWD ROCK, RECOVER, 1/2 SHUFFLE

1-2 Rock RF fwd, Recover on LF
3&4 Turn 1/4 R stepping RF behind, Step LF next to RF, Step RF fwd (3:00)
5-6 Rock LF fwd, Recover on RF
7&8 Turn 1/2 L Stepping LF fwd, lock RF behind LF, Step LF fwd (9:00)

SEC 4: TOE SWITCHES, KICK BALL POINT 1/2, STEP, STEP LOCK, FWD SHUFFLE

1&2& Point RF to R, Close RF to LF, Point LF to L, Close LF to RF
3&4& Kick RF fwd, Close RF to LF, Point LF to back, Pivot 1/2 L on ball of RF (3:00)
5 – 6 Step LF fwd, Lock RF behind LF
7&8 Step LF fwd, Lock RF behind LF, Step LF fwd

TAG : After Wall 6 (facing back wall), add 4 Count & Restart :

1 – 4 Rocking Chair RF-LF-RF-LF

Enjoy the dance & practice on weight changes with the slow music :)

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