

Baby I'm So Sorry

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Improver
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音樂: Wu Xin Sang Hai (無心傷害) - Alex To (杜德偉)



Intro: 4x8 counts

SET 1: SIDE CROSS ROCK, RECOVER SWEEP, ¼L SAILOR, PIVOT ½L, RIGHT CHASSE

1-3 Step RF to R, Cross Rock LF over RF, Recover on RF sweeping L from front to back
4&5 ¼L Stepping LF fwd behind RF, Step RF next to LF, Step LF fwd (9:00)
6-7 Step RF fwd, Execute a ½L shifting weight on LF (3:00)
8&1 Step RF to R, Close LF next to L, Step RF to R

SET 2: CROSS, ¼L SIT, HOLD, HIP ROLLS, SWEEP, LEFT COASTER

2-4 Cross LF over RF, ¼L sit on R hip, Hold (12:00)
5-6 Roll L hip anticlockwise 2x
7 Roll L hip anticlockwise and sweep LF from front to back
8&1 Step LF back, Step RF next to LF, Step LF fwd

SET 3: FWD, ½R BACK, BACK SHUFFLE, BACK TOGETHER, FWD LOCK STEPS

2-3 Step fwd RF, Execute ½R by stepping back on LF (6:00)
4&5 Step RF back, Lock LF in front of RF, Step RF back
6-7 Step LF back, Drag RF next to LF and shift weight to RF
8&1 Step LF fwd, Lock RF next to LF, Step LF fwd

SET 4: SWEEP INTO ½L, FWD LOCK STEPS, TOUCH ¼R FLICK, CROSS SHUFFLE

2-3 Sweep RF from back to front and Execute a ½L on L ball and touch R toe in front of LF (12:00)
4&5 Step RF fwd, Lock LF behind LF, Step RF fwd
6-7 Touch L toe fwd, ¼R flicking L toe back (3:00)
8&1 Cross LF over RF, Step RF to R, Cross LF over RF

SET 5: SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, ¼L SAILOR

2-3 Rock RF to R, Recover on LF
4&5 Step RF behind LF, Step LF to L, Cross RF over LF
6-7 Rock LF to L, Recover on RF
8&1 Step LF behind RF, ¼L Stepping RF next to LF, Step LF to L and sway to L (12:00)

SET 6: SWAY R-L, R CHASSE, SWAY L-R, LEFT CHASSE, ¼L FWD

2-3 Sway hips to R and L
4&5 Step RF to R, together, Step RF to R and sway to R
6-7 Sway hips to L and R
8&1 Step LF to L, together, Step LF ¼L (9:00)

(Optional Styling: Do figure-8 hip sways on counts 1-3 and 5-7)

SET 7: FWD, SPIRAL FULL TURN LEFT, CUBAN BREAK, ROCK RECOVER HITCH, R SAILOR

2-3 Step RF fwd, Full left spiral turn keeping weight on RF (9:00)
4&5 Cross LF over R, Recover RF, Step LF to L
6-7 Cross RF over L, Recover on L with R knee executing a figure-4 hitch (R toe touching L knee)
8& Step RF behind LF, Step LF next to RF

SET 8: SIDE HOLD, TOGETHER SIDE TOUCH, ¼L, FULL TURN LEFT, CROSS ROCK RECOVER

- 1-2 Step RF to R, hold (Do a body roll to the right for this 2 counts with weight ending on RF)
&3-4 Step LF next to RF, Step RF to R, touch LF next to RF (prep to turn L)
5-7 ¼L stepping LF fwd, ½L stepping RF back, ¼L stepping LF fwd – keep the steps small for better turns (6:00)
8& Cross RF over LF, recover on LF

START AGAIN! No TAGS, No RESTARTS!

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