

Set It Off

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dee Musk (UK) - August 2012
音樂: Set It Off - Timomatic : (Album: Essential R&B - The Clubmix)



16 Count Intro. Approx 07 seconds - [Track approx 3 mins 18 secs - 124 bpm] iTunes

Side, Kick, Touch ¼ Turn L, Shuffle ½ Turn L, Back Rock.

1,2 Step R to R side, cross kick L over R.
3,4 Touch L to L side, make a ¼ turn L stepping down on L.
5&6 Shuffle ½ turn L stepping R, L, R.
7,8 Rock back on L, recover weight to R. (3 o'clock).

Full Turn R, Step Touch, Coaster Cross, Side Rock.

1,2 Make a full turn R stepping back L, stepping forward R. (Easy Option walk L, R).
3,4 Step forward on L, touch R forward.
5&6 Step back on R, step L beside R, cross step R over L.
7,8 Rock L to L side, recover weight to R. (3 o'clock).

Cross, Point, Sailor ½ Turn Cross R, Side Rock, Sailor ¼ Turn L.

1,2 Cross L over R, point R to R side.
3&4 Making a sailor ½ turn R step R behind L, step L to L side, cross R over L.
5,6 Rock L to L side, recover weight to R.
7&8 Making a sailor ¼ turn L step L behind R, step R to R side, step forward on L. (6 o'clock).

Step. Hold, Ball Walk Walk, Anchor Step, Touch Unwind ¾ Turn L.

1,2 Step forward on R, hold count 2.
&3,4 Step L beside R, walk forward R, L.
5&6 Cross rock R behind L, replace weight to L, step back on R.
7,8 Touch L back, unwind a ¾ turn L. (9 o'clock).

Contact: deemusk@btinternet.com :: Dee – 07814 295470