

Best Days Of The Year

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - December 2012
音樂: All I Need Is Love (feat. The Muppets) - CeeLo Green : (Album: Cee Los Magic Moments)



16 count intro (start dancing at 11 sec).

Sec 1: [1-8] Hip Bumps R-L-R, Chasse ¼ L, Hip Bumps R-L-R, Chasse ¼ L.

1&2 Step Rt to the right, bump R hip to right, bump L hip to left, bump R hip to right. (12:00)
3&4 Step Lt to the left, step Rt next to Lt, turn ¼ left (9) step Lt forward.
5&6 Step Rt to the right, bump R hip to right, bump L hip to left, bump R hip to right.
7&8 Step Lt to the left, step Rt next to Lt, turn ¼ left (6) step Lt forward.

Sec 2: [9-16] Side, Stomp, Side, Stomp, Diag Back, Stomp, Side, Stomp, Side Rock, Recover, Cross, Side Rock, Recover, Cross.

1&2& Step Rt to the right, stomp Lt next to Rt, step Lt to the left, stomp Rt next to Lt weight onto Lt.
3&4& Step Rt back slightly diagonal, stomp Lt next to Rt, step Lt to the left, stomp Rt next to left.
5&6 Rock Rt to the right, recover on Lt, cross Rt over Lt.
7&8 Rock Lt to the left, recover on Rt, cross Lt over Rt. (6:00)

Sec 3: [17-24] Side Lunge, Together, Chasse ¼ R, Step, Side, Heel & Toe Swivel, Knee Lift.

1-2 R lunge to the right, step Lt next to right.

Restarts: here WALLS 5/8/11 after 18 counts (Facing 3 o'clock)

3&4 Step Rt to the right, step Lt next to Rt, turn ¼ right (9) step Rt forward.
5-6 Step Lt forward, step Rt to the right.
7&8 Swivel L heel right, swivel L toe right, lift L knee up. (9:00)

Sec 4: [25-32] Cross & Heel Jack L, Replace, Mambo Step, ½ pivot L, Runs Fwd R-L, Dixie Kick R.

1&2& Cross Lt over Rt, step Rt slightly diagonal back, touch L heel forward, step Lt back in place.
3&4 Mambo Rt forward, recover on Lt, step Rt next to Lt.
5-6 Step Rt forward, turn ½ left (3) taking weight onto Lt.
7&8 Stepping Rt forward, stepping Lt forward, kick Rt forward toe up (Dixie Kick). (3:00)

Tags here WALLS 1/4/7/10 after 32 counts (1st Tag facing 3 o'clock). 2nd, 3rd , 4th Tags (facing 9 o'clock) after, Start again.

TAG: Side, Stomp, Side, Stomp.

1&2& Step Rt to the right, stomp Lt next to Rt, step Lt to the left, stomp Rt next to Lt weight onto Lt.

Start again and have fun!

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