

Beauty In The Water

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Cef Decaney (USA) - February 2013
音樂: Mermaid - Train



Samba Steps x4

- 1-2&3-4& Step Rt Fwd in front of Left-Step Left to Left side & Step back onto Rt-Step Lft Fwd in front of Rt-Step Rt to Rt Side & Step back onto Left
- 5-6&7-8& Repeat 1-4

Rhumba Fwd then Back, ½ Turn Left, Right Lock Forward

- 1&2-3&4 Rock Fwd onto Rt & Return weight onto Left-Step back onto Rt-Rock Back onto Lft & Return weight onto Rt-Step Fwd onto Left
- 5-6-7&8 Step Rt Fwd-Pivot ½ turn Left (Placing weight on Left)-Step Right Fwd-Lock Left behind Right-Step Right Foot Forward

Side Step, Side Shuffle, Side Step, Side Shuffle

- 1-2-3&4 Step Left to Left Side-Step Rt next to Left- Step Left side & Step Rt next Left- Step Left to Left side
- 5-6-7&8 Step Rt to Rt Side- Step Left next to Rt- Step Rt to Side & Step Left next to Rt- Step Rt to Rt side

For styling work the hips while making these side steps and shuffles

Step ¼ Turn, Vine, Cross Rock, Coaster Step

- 1-2-3-4 Step Left fwd-1/4 turn to Rt (weight onto Rt)- Cross Left behind Rt-Step Rt to Rt Side
- 5-6-7&8 Cross rock Rt in front of Left-Return weight back onto Right-Step back with Left & Step Rt next to Left-Step Left Fwd

Start again from the beginning and have fun

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Last Revision - 3rd February 2013