

You Better Run

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Adrian Helliker (FR) & Eddie Huffman (USA) - February 2013
音樂: Ladykiller - Maroon 5 : (CD: Overexposed)



Intro: Start on lyrics

[1-8] WALK FORWARD, MAMBO STEP, WALK BACK, COASTER STEP ¼ TURN LEFT

1-2 Step right forward, step left forward
3&4 Rock right forward, recover onto left, step right back
5-6 Step left back, step right back
7&8 Turn ¼ left, step back left, step right together, step left forward (9:00)

[9-16] STEP LOCK STEP, ½ PIVOT RIGHT, KICK BALL STEP, TWICE

1&2 Step right forward, cross left behind, step right forward
3&4 Turn ½ right, chassé forward left-right-left (3:00)
5&6 Kick right foot fwd, step down on ball of right, step left next to right
7&8 Kick right foot fwd, step down on ball of right, step left next to right

[17-24] SYNCOPATED JAZZ, ¼ TURN RIGHT, WALK FORWARD, SIDE ROCK RECOVER, STEP FORWARD, SIDE ROCK RECOVER, STEP FORWARD

1&2 Cross right over left, step left back, turn ¼ turn right, step right forward (6:00)
3-4 Step left forward, step right forward
5&6 Rock left to side, recover to right, step left forward (dance with bounce - samba style)
7&8 Rock right to side, recover to left, step right forward (dance with bounce - samba style)

[25-32] CROSS ROCK, RECOVER, 1/4 TURN TRIPLE STEP, TOE STRUTS x 2

1-2 Cross left over right, recover to right
3&4 Turn ¼ left and chassé side left-right-left (3:00)
5-8 Touch right to forward, drop right heel, touch left toe forward, drop left heel

REPEAT

TAG: At end of wall 3, facing 9:00, add the following 8 counts:

1-2 Bump hips to right twice
3-4 Bump hips to left twice
5-8 Bump hips to right, left, right, left

Then Start from beginning.

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Last Revision - 23rd February 2013