

Tangled

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Zandra Grothe (SWE) & Lisen Brixvi (SWE) - May 2013
音樂: Something That I Want - Grace Potter : (Disney movie Tangled)



Intro: Begin dance after 16 counts (start counting when she says "Come On") when she starts to sing!

TOE, HEEL ,TOE, HEEL, CROSS ROCK, SIDE ROCK

1-2 Touch right toe forward, drop heel taking weight
3-4 Touch left toe forward, drop heel taking weight
5-6 Cross rock right over left, Recover weight to left
7-8 Rock right to right, recover weight to left

BEHIND, SIDE, CROSS, HOLD, SIDE ROCK, CROSS, HOLD

1-2 Cross right behind left, step left to side
3-4 Cross right over left, hold
5-6 Rock left to left, recover weight to right
7-8 Cross left over right, hold

(Make a Restart here on wall 3)

SHUFFLE (BACK) ¼ TURN LEFT,HOLD, BACK ROCK, TURN ½ RIGHT, HOLD

1-2 Step right to side, turn ¼ left and step left next to right (facing 9 O'clock)
3-4 Step right back, hold
5-6 Rock left back, recover weight to right
7-8 On ball of right foot turn ½ right and step left back, hold (facing 3 O'clock)

CHASSE ¼ RIGHT, HOLD, CROSS ROCK, SIDE, HOLD

1-2 Turn ¼ right and step right to side, step left next to right (facing 6 O'clock)
3-4 Step right to right, hold
5-6 Cross rock left over right, recover weight to right
7-8 Step left to side, hold

SHUFFLE, HOLD, HITCH, TURN ½ RIGHT, HITCH, TURN ½ RIGHT

1-2 Step right forward, step left next to right
3-4 Step right forward, hold
5-6 Hitch left knee, turn ½ right and step left back
7-8 Hitch right knee, turn ½ right and step right forward (facing 6 O'clock)

MAMBO, HOLD, MAMBO, HOLD

1-2 Rock left forward, recover weight to right
3-4 Step left slightly back, hold
5-6 Rock right back, recover weight to left
7-8 Step right slightly forward, hold

SWIVEL X2, BACK ROCK, TURN ¼ LEFT, HOLD

1-2 Swivel both heels right, return to center
3-4 Swivel both heels left, return to center (weight on left)
5-6 Rock right back, recover weight to left
7-8 Turn ¼ left and step right to side, hold (facing 3 O'clock)

SAILOR ¼ LEFT, HOLD, STEP, HOLD, TURN ½ LEFT, HOLD

1-2 Cross left behind right, turn ¼ left and step right next to left (facing 12 O'clock)
3-4 Cross left over right, hold

5-6 Step right forward, hold
7-8 Turn ½ left (weight on left), hold (facing 6 O'clock)

Repeat

Restart: Restart after 16 counts on wall 3.

Enjoy and have a great time! - We did while we wrote it ;)

Contact: lisen_brixvi@hotmail.com
