

La Premier

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jasmine Leong (MY) - May 2013
音樂: La première fois - Shy'm



Start dance after 4x8's.

SET 1: WALK 2X, PIVOT ½L, STEP ½L BACK, STEP BACK, R COASTER, KICK OUT OUT

1-2 Step RF fwd, Step LF fwd 12:00
3&4 Step RF fwd, Pivot ½L shifting weight on LF, Step ½L on RF 12:00
5,6&7 Step LF back, Step RF back, Step LF next to RF, Step RF fwd 12:00
8&1 Kick LF, Step LF to L, Step RF to R (keep weight at the center) 12:00

SET 2: R HIP BUMPS, L HIP BUMPS, SLIDE IN & BACK, BODY ROLL, SIT

2&3 Hip bumps R,L,R 12:00
4&5 Hip bumps L,R,L 12:00
6-7 Slide RF in, Slide RF back with upper body bent fwd 12:00
8-1 Roll upper body backward into a sit on right hip 12:00

SET 3: KICK & POINT, SHOULDER POP, ¼R SAILOR FWD, FWD MAMBO PUSH HIP BACK

2&3 Kick LF, Step LF next to RF, Point RF to R pull both shoulders backward opening chest 12:00
4 Pop shoulders forward (closing chest) 12:00
5&6 Turn ¼R stepping RF behind LF, Step LF to L, Step RF fwd 3:00
7&8 Rock LF fwd, Recover on RF, Step LF next to RF bending over slightly at waist and pushing hips back (weight on LF) 1:30

SET 4: CROSS SIDE, BEHIND SIDE CROSS ROCK, RECOVER, 1/4R FWD, 1/4R POINT, DRAG BALL

1-2 Cross RF over LF, Step LF to L, 1:30
3&4 Cross RF behind LF, Step LF to L, Cross rock RF over LF diag 3:00
5-6 Recover LF, ¼R stepping RF fwd 6:00
7 ¼R on RF point LF L 6:00
8& Drag LF in (8), Step on LF ball 9:00

Tag: On 7th Wall (facing 6:00), do this 16 counts tag followed by Set 3 & 4 of the main dance

For arm motions, please refer to video. It's not as hard as it seems to be!

SET A: STEP HOLD, ½L PIVOT HOLD, STEP HOLD, ½L PIVOT HOLD

1-4 Step RF fwd, Hold, ½L shifting weight on LF, Hold (open both arms from top to sides) 12:00
5-8 Step RF fwd, Hold, ½L shifting weight on LF, Hold (open both arms from top to sides) 6:00

SET B: SWAY RIGHT, SWAY LEFT, SWAY RIGHT, SIT

1-2 Step RF to R and sway to R (Raise R arm to R side – shoulder level) 6:00
3-4 Sway to L (L hand touch R arm and swing both arms to the left – shoulder level) 6:00
5-6 Sway to R (With R hand still on L arm, now swing both arms over the top of head) 6:00
7-8 Continue arms until L elbow is bent with L hand touch R shoulder & R hand reaches hip 6:00
1 Sit on R hip

Then continue the dance with Set 3 and Set 4.

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