

So I Can Dance

COPPER **NOB**
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Sue Hall (CAN) - May 2013
音樂: Shackles - Mary Mary : (Album: Thankful)



16 count intro

MAMBO FORWARD, MAMBO BACK, MAMBO SIDE, MAMBO SIDE

1&2 Rock right forward, recover on left, step right back
3&4 Rock left back, recover on right, step left forward
5&6 Rock to right side, recover on left, step right beside left
7&8 Rock to left side, recover on right, step left beside right

PRESS RECOVER, ½ TURN, ½ TURN, ½ TURN WALK, STEP ¼ CROSS

1-2 Press forward on right, recover on left
3-4 ½ turn right stepping forward right popping left knee, ½ turn right stepping back left, popping right knee
5-6 ½ turn right stepping forward right, walk forward left
7&8 Step forward right, ¼ turn left, cross right over left (3:00)

STEP, BEHIND & HEEL & CROSS, STEP BEHIND & HEEL & CROSS

1-2 Step to left side, step right behind
&3&4 Step left to side, touch right heel to right front, step right, cross left over right
5-6 Step to right side, step left behind
&7&8 Step right to side, touch left heel to left front, step left, cross right over left

STEP ½ TURN, SHUFFLE OR LOCK STEP FORWARD, STEP ¼ CROSS, ¼, ½

1-2 Step left to left side, ½ turn right stepping to right side (9:00)
3&4 Shuffle forward left, right, left (or lock step)
5&6 Step forward right, ¼ turn left, cross right over left (6:00)
7-8 ¼ turn right stepping back on left, ½ turn right on ball of left, keeping weight left

RESTART: On wall 6 (starting at 3:00), after count 16 Instead of doing step, ¼, cross, you will do a step, ¼, touch, restarting at 6:00.

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