

Young Hearts

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Marie Sørensen (TUR) - June 2013
音樂: Young Hearts Run Free - Gloria Estefan : (Album: Desperate Housewives
Soundtrack - www.legalsounds.com)



Intro: 24 Counts

SWAY, SWAY, RUMBA, SWAY, SWAY, CHASSE ¼ TURN LEFT

1-2 Step right to right side and sway right, left
3&4 Step right to right side, step left next to right, step fwd. right
5-6 Step left to left side and sway left right
7&8 Step left to left side, step right next to left, ¼ turn left, step fwd. left (09:00)

HIP BUMPS RIGHT, LEFT, CROSS, BACK, BACK, HOOK

1&2 Touch right toe fwd. bump your hips right, left, right
3&4 Touch left toe fwd. bump your hips fwd. left, right, left
5-6 Cross right over left, step back on left
7-8 Step a big step back on right, drag left next to right & hook left up in front of right (09:00)

STEP FWD. LEFT, TOUCH, SWAY, SWAY, SAMBA STEP RIGHT, CROSS, BACK ¼ TURN

1-2 Step fwd. left, touch right beside left
3-4 Step right to right side, sway right, left

Restart the dance here during wall 3 & 8

5&6 Cross right over left, rock left to left side, recover
7&8 Cross left over right, step back on right, ¼ turn left, step left to left side (06:00)

SAMBA STEP RIGHT, CROSS, BACK ¼ TURN, SWAY, SWAY, PRIZZY WALK

1&2 Cross right over left, rock left to left side, recover
3&4 Cross left over right, step back on right, ¼ turn left, step left to left side
5-6 Step right to right side and sway right, left
7-8 Cross right over left, cross left over right (03:00)

RESTARTS:-

During wall 3 - After 20 Counts – Facing 03:00

During wall 8 – After 20 Counts – Facing 12:00

Have Fun!

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