

Nice & Round

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Rick Todd (USA) - September 2013
音樂: Nice 'N' Round (355 Lbs.) - Smokehouse



4 SHUFFLES FORWARD

1&2 Shuffle forward, right, left, right
3&4 Shuffle forward, left, right, left
5&6 Shuffle forward, right, left, right
7&8 Shuffle forward, left, right, left

WALK BACK ½ TURN, RIGHT, KICK LEFT, WALK BACK

1-4 Walk back, right, left, ½ turn right, kick left
5-8 Walk back, left, right, left, touch right next to left

LINDY RIGHT, LINDY LEFT

1&2 Side shuffle, right, left, right
3-4 Rock back left, recover right
5&6 Side shuffle, left, right, left
7-8 Rock back right, recover left

WALK FORWARD, KICK LEFT, WALK BACK

1-4 Walk forward, right left, right, kick left
5-8 Walk back, left, right, left, touch right next to left

VINE RIGHT (CLAP), VINE LEFT (CLAP)

1-4 Step right, cross left behind right, step right, touch left next to right (clap)
5-8 Step left, cross right behind left, step left, touch right next to left (clap)

HIP BUMPS RIGHT, HIP BUMPS LEFT, HIPS IN A CIRCLE MOTION

1&2 Hip bumps, right, left, right
3&4 Hip bumps, left, right, left
5-8 Roll your hips in a circle 2 times

Repeat dance...

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