

Don't Get Comfortable

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Steve Aylwin (UK) - November 2013
音樂: Move - Little Mix



Count In: Dance starts after cymbal, approx. 15 seconds in.

Note: See end of each line for facing wall (after doing steps)

(1 – 8) PRISSY, PRISSY, LOCKSTEP FWD, MAMBO FWD, COASTER STEP

- 1 – 2 Step forward on right slightly across left, repeat with left (12:00)
3&4 Step forward on right, lock step left behind right, step forward on right (12:00)
5&6 Rock forward on left, recover onto right, step left next to right (12:00)
7&8 Step back on right, step left next to right, step forward on right (12:00)

(9 – 16) CROSS SAMBA FLICK, CROSS SAMBA FLICK, CROSS, ¼, SIDE, TOUCH

- 1&2 Step left forward and across right, rock right to right side, recover onto left flicking right back to right diagonal (12:00)
3&4 Step right forward and across left, rock left to left side, recover onto right flicking left back to left diagonal (12:00)
5 – 6 Step left across right, ¼ left stepping back on right (9:00)
7 – 8 Step left to left side, touch right beside left (9:00)

(17 – 24) ROLLING VINE INTO CHASSE, CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE

- 1 – 2 ¼ turn right stepping forward on right, ½ turn right stepping back on left (6:00)
3&4 ¼ turn right stepping right to right side, step left next to right, step right to right side (9:00)
5&6& Rock left across right, recover onto right, rock left to left side, recover onto right (9:00)
7&8 Rock left across right, recover onto right, step left to left side (9:00)

(25 – 32) CROSS, UNWIND TO SWEEP, BEHIND SIDE CROSS, SCISSOR CROSS, SIDE MAMBO

- 1 – 2 Step right across left, unwind full turn left sweeping left out to left side (9:00)
3&4 Step left behind right, step right to right side, step left across right (9:00)
5&6 Rock right to right side, recover onto left, step right across left (9:00)
7&8 Rock left to left side, recover onto right, step left next to right (9:00)

(33 – 40) PROGRESSIVE TURNS

- 1&2& Step right across left, step left to left side, 1/8 turn right stepping back on right, hitch left knee (10:30)
3&4 Step back on left, 1/8 turn right stepping right to right side, step forward on left (12:00)
5&6& Repeat 1&2& (1:30)
7&8 Repeat 3&4 (3:00)

(41 – 48) SCISSOR CROSS, SCISSOR CROSS, BALL STEP TURNS

- 1&2 Rock right to right side, recover onto left, step right across left (3:00)
3&4 Rock left to left side, recover onto right, step left across right (3:00)
&5&6 3/8 turn left transferring weight on to ball of right and stepping onto left, repeat (6:00)
&7&8 Repeat &5&6 (9:00)

Note: Think of counts 45-48 as a 1½ shuffling turn

OPTIONAL ENDING: Last wall will be facing 12:00 at start. Dance up to count 32 (9:00) but instead of doing side mambo do a scissor cross, followed by a 1¼ unwind to face the front.

RINSE, REPEAT, ENJOY!

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