

2 Become 1

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate - NC2S
編舞者: David Sinfield (UK) - January 2014
音樂: 2 Become 1 - Spice Girls : (iTunes)



Dance Starts on Lyrics

SIDE BACK ROCK, SIDE ROCK ¼ TURN STEP, SHUFFLE FORWARD, STEP PIVOT STEP

1-2& Step right to right, rock left behind right, recover weight onto right
3&4 Rock left to left, step right ¼ turn right, step forward left
5&6 Step right forward, close left beside right, step right forward
7&8 Step left forward, pivot ½ turn right, step left forward

SIDE, BACK ROCK, SIDE, BACK ROCK, SCISSOR CROSS, SYNCOPATED FULL TURN (TRAVELLING TO LEFT SIDE)

1-2& Step right to right side, rock back on left, recover weight on right
3-4& Step left to left side, rock back on right, recover weight on left
5&6 Step right to right, close left beside right, cross right over left
7&8 Step back on left spin ½ turn right, step forward on right spin ¼ turn right, step back on left spin ¼ turn right

LUNGE FORWARD, SWEEP BEHIND, SWEEP BEHIND, BEHIND SIDE CROSS, SIDE, TOGETHER, FORWARD

1-2 Lunge forward right, recover weight onto left
3-4 Sweep right toe ½ circle behind left, sweep left toe ½ circle behind right
5&6 Cross right behind left, step left to left, cross right over left
7&8 Step left to left, step right beside left, step left forward

ROCK ½ TURN RIGHT, ROCK ¼ TURN LEFT, BACK ROCK SIDE, CROSS ½ TURN

1&2 Rock forward right, on the ball of left spin ½ turn right, step right beside left
3&4 Rock forward left, on the ball of right spin ¼ turn left, step left beside right
5-6& Rock back on right, recover onto left, step right to right
7&8 Cross left over right, on the ball right spin ½ turn left, step left beside right

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