

Tak 100%

COPPER **NOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Harry Samana (INA) - January 2014
音樂: Tak 100% - Astrid Sartiasari



Start dance on lyrics (count 16)

CROSS SHUFFLE 2x, ROCK SIDE RF-LF

1 cross Rf over Lf
& step Lf to left side
2 cross Rf over Lf
3 rock Lf to left side
4 recover Rf
5 cross Lf over Rf
& step Rf to Right side
6 cross Lf over Rf
7 rock Rf to right side
8 recover Lf

TOE HEEL STRUTS, KICK BALL CHANGE, WALK, HITCH

1 touch Lf toe forward
2 drop hell Lf in place
3 touch Lf toe forward
4 drop hell Rf in place
5 kick Rf forward
& close Rf beside Lf
6 step Lf inplace
7 step Rf forward
8 hitch Lf

WALK BACK LF-RF-LF, KICK, WALK FORWARD RF-LF-RF, TOUCH

1 step Lf backward
2 step Rf backward
3 step Lf backward
4 kick Rf forward
5 step Rf forward
6 step Lf forward
7 step Rf forward
8 touch Lf beside Rf

LF TURN ¼ LEFT SWAY L-R-L, TOUCH, SWAY R-L-R, TOGETHER

1 Lf turn ¼ L step Lf to left side (sway)
2 sway to right
3 sway to left
4 touch Rf beside left
5 step Rf to right side (sway)
6 sway to left
7 sway to right
8 close Lf beside Rf

ENDING DANCE ON WALL 9 (12.00)

CROSS SHUFFLE 2x, ROCK SIDE RF-LF

- 1 cross Rf over Lf
- & step Lf to left side
- 2 cross Rf over Lf
- 3 rock Lf to left side
- 4 recover Rf
- 5 cross Lf over Rf
- & step Rf to Right side
- 6 cross Lf over Rf
- 7 rock Rf to right side
- 8 recover Lf

UNWIND FULL TURN (count 1-8)

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