

Relieve The Pressure

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4
編舞者: Phoenix Adamson (NZ) - May 2014
音樂: Just a Little Bit - Kids of 88

級數: Easy Intermediate



Intro: 64 Counts

ROCK RECOVER, KICK – BALL – STEP, ½ PIVOT, SHUFFLE ½ TURN

- 1 – 2 – 3 & 4 Rock Back On Right, Recover Onto Left, Kick Right Forward (3), Close Right Beside Left (&), Step Forward On Left (4)
5 – 6 – 7 & 8 Step Forward On Right, ½ Pivot Left, Making ½ Turn Left Shuffle Back Stepping Right (7) – Left (&) – Right (8)

ROCK RECOVER, KICK – BALL – STEP, ½ PIVOT, SHUFFLE ½ TURN

- 1 – 2 – 3 & 4 Rock Back On Left, Recover Onto Right, Kick Left Forward (3), Close Left Beside Right (&), Step Forward On Right (4)
5 – 6 – 7 & 8 Step Forward On Left, ½ Pivot Right, Making ½ Turn Right Shuffle Back Stepping Left (7) – Right (&) – Left (8)

SIDE – HOLD, CLOSE – SIDE – SCUFF, CROSS ROCK, SHUFFLE ¼ TURN

- 1 – 2 Step Right To Side, HOLD
& 3 – 4 Close Left Beside Right (&), Step Right To Side, Scuff Left
5 – 6 – 7 & 8 Rock Left Over Right, Recover Onto Right, Making ¼ Turn Left Shuffle Forward Stepping Left (7) – Right (&) – Left (8) (9 O'Clock)

SIDE – TOUCH, ¼ TOUCH – ¼ TOUCH, ROCK RECOVER, FORWARD – TOUCH

- 1 – 2 Step Right To Side, Touch Left Beside Right
& 3 & 4 Making ¼ Turn Left Step Forward On Left (&), Touch Right Beside Left, Making ¼ Turn Left Step Right To Side (&), Touch Left Beside Right
5 – 6 – 7 – 8 Rock Back On Left, Recover Onto Right, Step Forward On Left, Touch Right Beside Left (3 O'Clock)

REPEAT

TAG: On Completion Of Wall 3 (Facing 9 O'Clock) There Is An 8 Count Tag

SIDE ROCK, COASTER, ROCK RECOVER, BACK – POINT

- 1 – 2 – 3 & 4 Rock Right To Side, Recover Onto Left, Step Back On Right (3), Close Left Beside Right (&), Step Forward On Right (4)
5 – 6 – 7 – 8 Rock Forward On Left, Recover Onto Right, Step Back On Left, Point Right To Side