

Pack Your Bags

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Francien Sittrop (NL) - June 2014
音樂: All That's Left (feat. The Time Jumpers) - Miranda Lambert : (Album: Platinum)



Intro: Start after 16 counts

[1 – 8] □ Shuffles R & L fwd, Cross Side, Sailor Step

1 & 2 Step R diag R fwd , Step L next to R, Step R diag R fwd
3 & 4 Step L diag L fwd, Step R next to L, Step L diag L fwd
5 – 6 Step R across L , Step L to L side
7 & 8 Step R behind L, Step L to L side, Step R to R side

[9-16] □ Sailor ¼ Turn L, Rock Recover, Shuffle ½ R, Shuffle ½ R

1 & 2 Sweep L behind R with ¼ Turn L, Step R next to L, Step L fwd (09.00)
3 – 4 Rock R fwd, Recover on L
5 & 6 ¼ Turn R step R to R side, Step L next to R, ¼ Turn R step R fwd (03.00)
7 & 8 ¼ Turn R step L to L side, Step R next to L, ¼ Turn L step L back (09.00)

[17-24] □ Rock back , Recover , Kick Ball Cross, Side Rock Recover, Behind , ¼ Turn L, Step fwd

1 – 2 Rock R back, Recover on L
3 & 4 Kick R fwd , Step R down , Step L across R
5 – 6 Rock R to R side, Recover on L
7 & 8 Step R behind L, ¼ Turn L step L fwd, Step R fwd (06.00)

[25-32] □ Heel Switches & Heel Hook, Sailor step ¼ Turn L, Hipsways

1&2& Touch L heel fwd , Step L next to R, Touch R Heel fwd, Step R next to L
3 & 4 Touch L heel fwd, Hook L Heel across R , Touch L heel fwd
5 & 6 Sweep L back with ¼ Turn L, Step R next to L, Step L to L side (03.00)
7 – 8 Step R to R side and sway hips R , L

Start Again

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