

Fashion Girl

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 4 级数: Phrased Intermediate
编舞者: Lily Cheng (CN) - June 2015
音乐: Fresh Woman by Rain (Zhengzhixun of Korea)



Intro: 32 counts - Dance Sequence : ABC / BBC / BBBB / A

Part A (After 32 counts of intro, start on "fresh woman")

A(1-8)R Knee in, out, L knee in, out, Bump hip

1-2-3-4 Pop Knees to L, Knees to center, Pop Knees to R, Knees to center,
5-6-7-8 Bump hip to R-L-R-L

A(9-16)L Knee in, out, R knee in, out, Bump hip

1-2-3-4 Pop Knees to R, Knees to center, Pop Knees to L, Knees to center,
5-6-7-8 Bump hip to L-R-L-R

A(17-24)Cross, Point, Cross, Point, Jump Jack(X2)

1-2-3-4 Cross L over R, Point R to R, Cross R over L, Point L to L
&5&6 Jump L out, Jump R out, Jump L return in place, Jump R together
&7&8 Jump L back diagonal, Jump R back diagonal, Jump L return in place, Jump R together

A(25-32) Cross, Point, Cross, Point, Pull shoulder

1-2-3-4 Cross R over L, Point L to L, Cross L over R, Point R to R
5-6-7-8 Pull shoulder to R-L-R, Step L beside R

Part B(32 counts):

B(1-8)Stomp, Forward, Beside, Bump with change weight

&1-2 Stomp L in place, large step R forward, Step L beside R
3&4 Hip bump to L-R-L(weight on L)
5&6 Hip bump to R-L-R(weight on R)
7-8 1/4 turn R with large step R to R, Step L beside R

B(9-16)Scuff, Back, Scuff, Back, shuffle forward, Toe Fan

1-2-3-4 Scuff R, Step R back, Scuff L, Step L back
5&6 Step R forward, Step L lock behind R, Step R forward
7-8 Toes out, Toes in

B(17-24)Flick, Down, Flick, Triple 1/2 turn, Flick, Down, Flick, Triple 1/4 turn

1&2 Flick R back, Step R down, Flick R back
3&4 1/2 turn R stepping R to R, Step L beside R, Step R to R
5&6 Flick L back, Step L down, Flick L back
7&8 1/4 turn R stepping L to L, Step R beside L, Step L to L

B(25-32)Right Mambo , Back Mambo, Point, Cross,1/4 turn with Point, Touch

1&2 Rock R to R, Weight on L, Step R together
3&4 Rock L back, Weight on R, Step L together
5-6 Point R to R, 1/4 turn R stepping R beside L
7-8 Point L to L, Touch L beside R

Part C(32 counts):

C(1-8) Sway, Hold, Sway, Hold, Clockwise full turn

1-2-3-4 Sway R to R, Hold, Sway body to L, Hold

5-6-7-8 1/4 turn R stepping R forward, 1/2 turn R stepping L back, 1/4 turn R stepping R to R, Step L beside R

C(9-16)Side, Sweep, back, Sweep, Coast step, Hold

1-2-3-4 Step R to R with Sweep L from front to back, Step L back with sweep R from front to back

5-6-7-8 Step R back, Step L beside R, Step R cross over L, Hold

C(17-24) Sway, Hold, Sway, Hold, Counter-clockwise full turn

1-2-3-4 Sway L to L, Hold, Sway body to R, Hold

5-6-7-8 1/4 turn L stepping L forward, 1/2 turn L stepping R back, 1/4 turn L stepping L to L, Step R beside L

C(25-32)Side, Sweep, back, Sweep, Coast step, Hold

1-2-3-4 Step L to L with Sweep R from front to back, Step R back with sweep L from front to back

5-6-7-8 Step L back, Step L beside R, Step L forward, Hold

Have fun!

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