

It's 3 am AGAIN...

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Val Saari (CAN) - October 2018
音乐: 3 AM - Meghan Trainor



S:1 SIDE TOE-STRUTS R, SCISSOR STEP, SIDE TOE-STRUTS L, SCISSOR STEP

1&2& Touch RF toes to right side, Step RF heel down, Touch LF toes beside RF, Step LF heel down
3&4 Rock RF right, Recover LF, Cross RF over L, hold
5&6& Touch LF toes to left side, Step LF heel down, Touch RF toes beside LF, Step RF heel down
7&8 Rock LF left, Recover RF, Cross LF over R, hold

S:2 SHUFFLE FWD, RLR, LRL, RF PIVOT 1/4 L X 2

1&2 Step RF forward, Step LF beside R, Step RF forward
3&4 Step LF forward, Step RF beside L, Step LF Forward
5-6 Step RF forward, Pivot 1/4 L (weight on LF)
7-8 Step RF forward, Pivot 1/4 L (weight on LF)

S:3 WALK FORWARD, MAMBO RIGHT, WALK BACK, MAMBO LEFT

1-2 Walk forward, RF, LF
3&4 Rock to right side on RF, Recover LF, Step RF beside L
5-6 Walk back, LF, RF
7&8 Rock to left side on LF, Recover RF, Step LF beside R

S:4 SCISSORS FORWARD X 2, STEP-PIVOT 1/2 L, KICK BALL CHANGE

1&2 RF Step R, LF Recover, RF crosses LF and Hold (push and cross)
3&4 LF Step L, RF Recover, LF crosses RF and Hold (push and cross)
5-6 Step RF forward, Pivot 1/2 turn left (weight on left)
7&8 Kick RF forward, Step RF together, Step LF together

S:5 VINE RIGHT, SYNCOPATED SCISSORS/ VINE LEFT, SYNCOPATED SCISSORS

1-2 Step RF to right side, Step LF behind R
3&4 Rock RF to right side, Recover LF, Cross RF over left
5-6 Step LF to left side, Step RF behind L
7&8 Rock LF to left side, Recover RF, Cross LF over right

S:6 LINDY RIGHT PIVOT 1/4 L, LINDY LEFT

1&2 Shuffle right, RLR
3-4 Rock back on LF pivot 1/4 L, Recover on RF
5&6 Shuffle left, LRL
7-8 Rock back on RF, Recover on LF

REPEAT - No Tags, No Restarts

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