

Ain't Nothin Like AMERICAN GIRLS

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Val Saari (CAN) - December 2018
音乐: American Girls - CJ Solar

级数: Beginner



RF CROSS MAMBO, STEP, MAMBO R, BOUNCE

- 1-2 RF Cross over L, LF Recover weight
- 3-4 RF Step together, Step LF in place
- 5-6 RF Rock side right, LF recover
- 7-8 Step RF beside Left, Bounce RF heel

LF CROSS MAMBO, STEP, MAMBO L, KICK R

- 1-2 LF Cross over R, RF Recover weight
- 3-4 LF Step together, Step RF in place
- 5-6 LF Rock side left, RF recover
- 7-8 Step LF beside Right, Kick RF forward ***

TOE STRUT V-STEP

- 1-4 Touch RF toe diagonally forward (1:00), Step heel down, Touch LF toe diagonally forward (11:00), Step heel down
- 5-8 Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down

HEEL-STRUTS MAKING 1/4 TURN TO RIGHT ("ARC" PATTERN)

- 1-4 Step RF forward Heel-Toe, Step LF heel forward Heel-Toe
- 5-8 Step RF forward Heel-Toe, Step LF forward Heel-Toe (6:00)

***One Restart on Wall 6 (3:00)

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