

Stand Up and Sing

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Stand Up and Sing - Kool & The Gang



Intro : 32C - No Tag, No Restart

S1. FORWARD TOUCH - SIDE POINT - BOTAFOGO - FORWARD TOUCH - SIDE POINT - CROSS SHUFFLE

1-2 R touch forward, R point to side
3&4 Cross R over L, step L ball to side, step R in place
5-6 L touch forward, L point to side
7&8 Cross L over R, step R to side, cross L over R

S2. SIDE - TOUCH DIAGONAL FORWARD - COASTER STEP - FORWARD ROCK - ANCHOR STEP

1 - 2 Step R to side with rolling hip from Left to Right, L touch heel to Left diagonal forward
3 & 4 Step L back, close R to L, step L forward
5 - 6 Step R forward, recover to L
7 & 8 Step R back, recover to L, recover to R

S3. ELECTRIC KICK - SYNCOPATED MONTEREY - SIDE - TOUCH BEHIND

1 - 2 Step L forward, R kick forward
3 - 4 Step R back, close L to R
5&6& Point R to side, ¼ turn Right close R to L, point L to side, close L to R
7 - 8 Step R to side, L touch behind R

S4. DIAGONAL TOUCH FORWARD - CLOSE DIAGONAL TOUCH FORWARD - CLOSE - PIVOT ½ - FORWARD SHUFFLE

1 - 2 L touch to Left diagonal forward, close L to R
3 - 4 R touch to Right diagonal forward, close R to L
5 - 6 Step L forward, ½ turn Right step R in place
7 & 8 Step L forward, close R to L, step L forward

Have fun

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