

So Contagious

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Karl-Harry Winson (UK) - March 2014
音乐: Impossible Heart - Paloma Faith : (Album: A Perfect Contradiction)



Intro: 16 Counts (Start on Vocals)

Walks Forward: Right, Left. Rock 1/4 turn Right. Side. Cross Step. 1/4 Turn Left. Left Sailor 1/4 Cross.

- 1 – 2 Walk forward on Right. Walk forward on Left.
3&4 Rock forward on Right. Recover weight on Left making 1/4 Right. Step Right out to Right side. [3.00]
5 – 6 Cross Left over Right. Make 1/4 Turn Left stepping Right back. [12.00]
7&8 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Cross step Left over Right. [9.00]

Side Toe Touch. Step Together. Left Monterey 1/4 Turn. Right Kick Ball-Touch. Body Ripple/Dip.

- 1 – 2 Touch Right toe out to Right side. Step Right in place beside Left.
3 – 4 Touch Left toe out to Left side. Make 1/4 turn Left stepping Left in place beside Right as you turn. [6.00]
5&6 Kick Right foot forward. Step Right beside Left. Touch Left toe forward.
7 – 8 Body ripple leading from head down the body, keep weight back on Right foot.

Alternative movement for counts 7 – 8

- 7 – 8 Dip body by bending knees slightly. Straighten Knees but keep weight back on Right foot.

Step. 1/2 turn Left. Coaster Step. Cross-Point. Left Samba Step.

- 1 – 2 Step forward on Left. Make 1/2 turn Left stepping back on Right. [12.00]
3&4 Step back on Left. Step Right beside Left. Step forward on Left.
5 – 6 Cross Right over Left. Point Left toe out to Left side.
7&8 Cross Left over Right stepping it slightly forward. Rock Right out to Right side. Recover weight on Left.

Right Jazz Box 1/4 Cross. Right Side Rock Cross. Left Side Rock Cross. Point.

- 1 – 2 Cross Right over Left. Make 1/4 Right stepping back on Left. [3.00]
3 – 4 Step Right out to Right side. Cross step Left over Right.
5&6 Rock Right out to Right side. Recover weight on Left. Cross step Right over Left.
&7 Rock Left out to Left side. Recover weight on Right.
&8 Cross step Left over Right. Point Right toe out to Right side. [3.00]

Start Again!

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