

Rover (Mu La La)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - August 2020
音樂: Rover (feat. DTG) - S1mba : (iTunes)



(Intro: 32 counts)

[S1] Out-Out, Heel Swivel Sequence (Single-Double), Hip Bump, Behind-1/4L-Fwd Rock

1 2 Step R out to the side, Step L out to the side
&3 Swivel R heel to the right, Recover to the centre
&4&5 Swivel L heel to the left, Recover to the centre, Swivel L heel to the left, Recover to the centre
&6 Hip bump to the right, Return to the centre
7&8& Step R behind L, Make a 1/4 turn left stepping forward on L, Rock forward on L, Recover weight on R (9:00)

[S2] 1+1/2R Quick Turn-Fwd, Kick-Back-Touch, Point-Hitch-Together, Point-Hitch-Together-Push Back

1& Make a 1/2 turn right stepping forward on R, Make a 1/2 turn right stepping back on L
2& Make a 1/2 turn right stepping forward on R, Step forward on L
3&4 Kick forward on R, Step back on R, Touch L toe close to R
5&6 Point L to the side, Hitch L knee, Step L together
&7& Point R to the side, Hitch R knee, Step R together
8 Push/rock back on L and slightly hitch R knee

[S3] Body Rolls-Back, 1/4L Body Rolls-Behind

1 2 Step forward on R (body roll forward), Recover weight on L
&3 Rock forward on ball of R, Recover weight on ball of L
&4& Rock forward on ball of R, Recover weight on ball of L (optional: chest pop/shoulder pop to add attitude when you rock), Step back on R
5 6 Make a 1/4 turn left stepping forward on L (body roll forward), Recover weight on R (12:00)
&7 Rock forward on ball of L, Recover weight on ball of R
&8 Rock forward on ball of L, Recover weight on ball of R (optional: chest pop/shoulder pop to add attitude when you rock), Step L behind R

[S4] 1/4R Fwd Rock-1/4R, Fwd Rock-1/2L-1/2L, Back Rock-Paddle Turn-Flick-Cross

1 2& Make a 1/4 turn right and rock forward on R, Recover weight on L, Make a 1/4 turn right stepping forward on R (6:00)
3& Rock forward on L, Recover weight on R
4& Make a 1/2 turn left stepping forward on L, Make a 1/2 turn left stepping back on R (6:00)
5 6 Rock back on L, Recover weight on R
&7 Step forward on L, Make a 1/4 turn right recover weight on R (9:00)
&8 Flick L toe to the left, Cross L over R

No Tags or Restarts

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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