

Fact or Fiction!

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner - Senior workout
編舞者: Sandy Kerrigan (AUS) - July 2021
音樂: Believe - Cher : (CD: Believe)



Dance Info: Dance starts -wt on L- Dance Starts on Lyrics - No Tags or Restarts.
BPM [133:] Track Length 3:59 - Version 1:00

Step R Side, Tap L Together, Step L Side, Tap R Together, Vine R with ¼ Turn, Step Together 3:00

1 2 3 4 Step R to R Side, Tap L next to R, Step L to L Side, Tap R next to L
5 6 7 8 Step R to R, Step L behind R, Turning ¼ R-Step Fwd R, Step L next to wt on L

¼ Monterey Turn R, Touch Side, Step Together, ¼ Monterey Turn R, Touch Side, Step Together 9

1 2 Point R to R Side, Turning ¼ R on L-Step R next to L
3 4 Point L to L Side, Step L next to R
5 6 Point R to R Side, Turning ¼ R on L-Step R next to L
7 8 Point L to L Side, Step L next to R-wt on L 9:00

Walk Fwd R, L, R, Kick L Fwd, Walk Back L, R, L, Tap R to L 9:00

1 2 3 4 Walk Fwd R, Walk Fwd L, Walk Fwd R, Kick L Fwd
5 6 7 8 Walk Back L, Walk Back R, Walk Back L, Tap R next to L

Step Back R, Hitch L, Step Back L, Hitch R, Step Fwd, Hitch L, Step Fwd, Hitch R 9:00

1 2 Step Back R (swivel off R to face side L45° Hitch L-Swing your arms Fwd and Back with closed fists)
3 4 Step Back L, Hitch R
5 6 Step Fwd R, (swivel off R to face side R45° Hitch L-Swing your arms Fwd and Back with closed fists)
7 8 Step Fwd L, Hitch R 9:00

[32]

Note: Last 8 counts: Swing (push), your arms Fwd and Back during the last 8 counts.
This is an important part of locomotion for balance, and heart health.

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