

Shiftwork

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Pamela Ratz (USA) - December 2021
音樂: Shiftwork (feat. George Strait) - Kenny Chesney



#32 Count Intro

S1: Cross Rock/Recover & Cha-Cha-Cha X 2

1-2 Cross Rock RF over LF; Recover Weight onto LF
3&4 Tripple in Place R-L-R
5-6 Cross Rock LF over RF; Recover Weight onto RF
7&8 Tripple in Place L-R-L

S2: Fwd Rock/Recover, Shuffle 1/2 Turn, Pivot 1/4 Turn, Cross Shuffle

1-2 Rock RF Forward, Recover Weight onto LF
3&4 Shuffle 1/2 Turn stepping RF 1/4 Right; Step LF Beside RF; Step RF 1/4 Right
5-6 Step LF Forward, Pivot 1/4 Right onto RF
7&8 Cross LF over RF; Step RF to Right Side; Cross LF over RF

S3: Side Mambo W/Hold X 2

1-4 Rock RF to Right, Recover Weight on LF, Step RF Next to LF, Hold
5-8 Rock LF to Left, Recover Weight on RF, Step LF Next to RF, Hold

S4: Rocking Chair, Pivot 1/2 X 2

1-2 Rock RF Forward, Recover Weight onto LF
3-4 Rock RF Back, Recover Weight onto LF
5-6 Step RF Forward, Pivot 1/2 onto LF
7-8 Step RF Forward, Pivot 1/2 onto LF

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