

It's Automatic

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Helen Ng (AUS) - August 2022
音樂: Automatic - Jessica Mauboy : (Album: Single)



Original Position: Feet together weight on left foot
#16 Count Intro

[1-8] FORWARD, LOCK, SHUFFLE FORWARD, FORWARD, LOCK, SHUFFLE FORWARD

1,2 Step R Forward at 45° Right, Lock L Behind R, (slightly pop R knee up at the same time)
3&4 Shuffle Forward at 45° Right Step: R-L-R,
5,6 Step L Forward at 45° Left, Lock R Behind L, (slightly pop L knee up at the same time)
7&8 Shuffle Forward at 45° Left Step: L-R-L. (12.00)

[9-16] 1/4 SIDE ROCK, RECOVER, CROSS SHUFFLE , SIDE ROCK, RECOVER, COASTER STEP

1,2 Turn 1/4 Left Side Rock Step R to the Side, Recover Weight Onto L, (9.00)
3&4 Shuffle Right Across in front of L Step: R-L-R
5,6 Step L to the side, Side Rock Weight onto R
7&8 Coaster: Step L Back, Step R Together, Step L Forward. (9.00)

[17-24] 1/4 TURN TRIPLE, 1/4 TURN TRIPLE, 1/2 CIRCLE WALK, FORWARD

1&2 Turn 1/4 Right Triple Step Slightly Travelling Step: R-L-R (12.00)
3&4 Turn 1/4 Right Triple Step Slightly Travelling Step: L-R-L (3.00)
5,6,7, Turning 1/2 Right Walk In A Circle Step: R, L, R, (9.00)
8 Step L Forward. (9.00)

[25-32] TOUCH & TOUCH & KICK BALL STEP, PIVOT 1/2 , ROCK BACK, RECOVER

1& Touch R Toe to the side, Step R Together,
2& Touch L Toe to the side, Step L Together,
3&4 Kick R Forward, Step R together, Step L Forward
5,6 Pivot: Step R forward, 1/2 Turn Left Take weight onto L, (3.00)
7,8 Rock R back Sitting On R Hip, Recover Forward Onto L. (3.00)

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