

Copines

拍數: 40 牆數: 2 級數: Improver
編舞者: Suyati (INA) - December 2024
音樂: Copines - AiSH



No Tag & 1 Restart on wall 2 after 32 C

Intro : 8 Count

SEC 1 : Dorothy step R-L, Heel switches R-L, step forward together.

1-2 & step R forward diagonally (1), lock L behind R (2) step R forward (&).
3-4 & step L forward diagonally (3), lock R behind L (4) step L forward (&).
5 &-6 & Heel R forward (5) together R beside L (&) heel L forward (6) together L beside on R L (&).
7-8 Step R forward (7), step L forward close together L beside on R.

SEC 2 : Chase 1/4 turn R/L, chase 1/4 turn L/R, chase 1/4 turn R/L, chase 1/4 turn L/R.

1-& 2 Step Rf to R (1), close Lf next to Rf (&), step Rf to to R (2).
3-& 4 1/4 turn Lf to L (1), close Rf next to Lf (&), step Lf to L (4). (facing 09.00)
5-& 6 1/4 turn Lf to R (5), close Lf next to Rf (&), step Rf to R (6). (facing 06.00)
7-& 8 1/4 turn Lf to L (7), close Rf next to Lf (&), step Lf to L (8).(facing 03.00)

SEC 3 : Botafogo R-L, Rumba Box Samba.

1 & 2 Cross R over L (1), recover on L (&), step R to side (2).
3 & 4 Cross L over R (3), recover on R (&), step L to side (4).
5 & 6 Cross R over L (5), step L to side (&), 1/8 cross behind R over L (with hits L (6).(facing 04.30)
7 & 8 Step L behind on R (7), step Rf to side R (&), cross L over R (8). (facing 06.00)

SEC 4 : Touch with hip bumps, behind, side, cross (R-L).

1 & 2 Touch R toe to R (with hip bumps RLR).
3 & 4 Cross Rf behind Lf (3), step Lf to L (&), cross Rf over Lf (4).
5 & 6 Touch L toe to L (with hip bumps LRL).
7 & 8 Cross Lf behind Rf (7), step Rf to R (&), cross Lf over Rf (8).

SEC 5 : Mambo Forward & Back- Side Mambo (R-L), Mambo L, Side Mambo R-L.

1 & 2 Step R forward (1), recover on L (&), close R beside L (2).
3 & 4 Step L back (3), recover on R (&), close L beside R (4).
5 & 6 Step R to side (5), recover on L (&), close R beside L (6).
7 & 8 Step L to side (7), recover on R (&), close L beside R (8).