

Anxiety

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver
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音樂: Anxiety - Doechii



No tag, 1 Restart

intro) 32c

S1)SIDE, CROSS, SIDE CHASSE, R¼V-STEP, FORWARD, FORWARD LOCK STEP (3:00)

- 1 2 RF side to right, LF cross over RF
- 3&4 RF side to right, LF next to RF, RF side to right
- 5& LF step out to left diagonal with turn a quarter to the right, RF out to right diagonal
- 6& LF step in the back of the center, RF next to LF
- 7 LF step to fwd
- 8&1 RF fwd, LF lock, RF fwd

S2)R½FORWARD-RECOVER-BACK(5:30), BACKWARD-RECOVER-FORWARD, FORWARD-HEEL TOUCH 2TIMES, R¾HEEL CHUG TURN(12:00)

- 1&2 LF step to fwd with turn right to ¼ (5:30), RF recover, LF long step to backward
- 3&4 RF step to backward, LF recover, RF step to fwd
- 5 &6 LF fwd, RF heel touch, RF heel touch
- 7 & RF touch with turn back to the right, a quarter(9:00), LF recover
- 8 & RF touch with turn back to the right, a quarter(12:00), LF recover

S3)SWEEP TO BACKWARD-BACK(R,L,R), SWEEP TO BACKWARD-TOGETHER

- 1 2 RF sweep to backward, RF step backward
- 3 4 LF sweep to backward, LF step backward
- 5 6 RF sweep to backward, RF step backward
- 7 8 LF sweep to backward, LF step next to RF

S4)TOE SPLITS WITH SWIVEL TO RIGHT 3TIMES, FLICK, R¼TOE SPLITS WITH SWIVEL TO LEFT 3TIMES, FLICK (3:00)

- 1 2 move with swivel to the right with both feet open, move with the swivel to the right letting the toes of both feet in
- 3 4 move with swivel to the right with both feet open, fold the knee of the left leg outward
- 5 6 move with swivel to the left with both feet open with turn a quarter to the right, move with the swivel to the left letting the toes of both feet in
- 7 8 move with swivel to the left with both feet open, fold the knee of the right leg outward