

Sometimes

COPPER KNOB
STEPPERS

拍數: 68 牆數: 4 級數: High Beginner
編舞者: Foo Sally (MY) - September 2021
音樂: Sometimes - Britney Spears



BEGIN DANCE (AFTER 16 COUNTS) 2 COUNTS BEFORE VOCAL.

DANCE SEQUENCE: A (32c) A (30c) B (36c) (12 0'clock) , A(32c) ,A(30c) B(36c) (3 0'clock) A (32c), A (32c) A (8c- section 1) B (36c) (6 0'clock) A,A,A.....

SECTION 1 : MODIFIED STEP TOUCH RUMBA BOX (Back Rumba Box)

- 1 – 2 RF step to right ,LF touch close to RF.
- 3 – 4 LF ¼ turn step to left. RF touch close to LF. (Front body facing in)
- 5 - 6 RF ¼ turn step to right. LF touch close to RF. (Front body facing out)
- 7- 8 LF ¼ turn step to left. RF touch close to LF. (Front body facing in)

SECTION 2 : RF FORWARD SHUFFLE, LF ROCK FORWARD , RF RECOVER IN PLACE. (REVERSE CHA CHA) LF ½ TURN SHUFFLE , RF ROCK FORWARD. LF RECOVER IN PLACE.

- 1 & 2 RF rock forward , LF step behind RF . RF step forward.
- 3 – 4 LF rock forward. RF step in place.
- 5 & 6 LF ½ turn shuffle .
- 7 – 8 RF rock forward, LF step in place.

SESSION 3 : RF ROCK BACK SHUFFLE , LF ROCK BACK , RF RECOVER, (REVERSE CHA CHA) RF ¼ TURN LF SHUFFLE ,RF ROCK BEHIND LF. LF IN PLACE.

- 1 & 2 , 3 - 4 RF and LF back shuffle . RF rock back . LF in place.
- 5 - 6 , 7 & 8 RF turn, LF back shuffle. RF rock back . LF in place.

SESSION 4 : WEAVE TO RIGHT. PIVOT ½ TURN RIGHT,SIDE BACK ROCK. SWAY R,L

- 1 - 4 RF step to right. LF step behind RF. RF step next to LF.LF step in front of RF.
- 5 & 6, pivot 1/2 turn right facing front.
- 7 & 8 LF step left,RF step behind. LF step close to RF.

B SECTION 1 : RF ¼ TURN RIGHT. WALK RF,LF,RF,LF SEMI CIRCLE & ¼ TURN LEFT WALK RF,LF,RF,LF SEMI CIRCLE BACK TO FRONT. WALK FORWARD RF,LF,RF,LF. RF STEP TO RIGHT, LF SAILOR RECOVER. RF SAILOR RECOVER.

- 1 – 4 RF ¼ turn right back and walk RF,LF,RF,LF forming a semi circle.
- 5 - 8 ¼ turn Left, walk RF,LF,RF,LF facing to front.
- 1 – 4 RF , LF walk forward (X2) .
- 5 & 6, 7 & 8. RF step to right , LF cross behind RF. LF step to Left, RF cross behind LF.

B SESSION 2 : HIP ROLL RIGHT AND LEFT. HIPS MOVE RIGHT TO LEFT SYNCHRONIZE WITH SHOULDER ROLL. RF FWD CROSS LF POINT TO SIDE. ,LF FWD CROSS RF POINT TO SIDE. RF CROSS BACK, LF POINT .LF CROSS BACK RF POINT.RF RECOVER IN PLACE. LF CROSS OVER RF UNWIND TO FACE NEXT WALL.

- 1 & 2, 3 & 4 Hip roll to right (1 & 2) . Hip roll to Left. (3 & 4)
- 5 - 8 Hip moves to right and to left with Shoulder roll to the right and left(X 2)
- 1 & 2, 3 & 4 RF cross forward, LF point to left. LF cross forward, RF point to right.
- 5 & 6, 7 & 8 RF step back, LF point to left. LF step back, RF point to right.
- 1 – 4 RF recover in place, LF cross over RF full turn facing next wall.

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Happy dancing.
