

Beautiful Today

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Crazy Chris (UK)
音樂: Beautiful - Christina Aguilera



CROSS ROCK, CROSS ROCK, FORWARD ROCK

- 1-2 Cross rock right over left, replace weight on left
&3-4 Step right to right side, cross rock left over right, replace weight onto right
&5-6 Step left beside right, rock forward onto right, replace weight onto left
&7-8 Step right beside left, rock back onto left, replace weight onto right

When rocking back onto left (count 7) twist body ½ turn over left to look behind

1 ½ TURNS, BEHIND SIDE IN FRONT, SWAY SWAY, SLIDE TOUCH

- 1&2 Turn 1 ½ turns stepping left, right, left over right shoulder. (traveling forward)
3&4 Step right behind left, step left to left side, step right in front of left
5-6 Step left to left side bumping hips left, take weight onto right bumping hips right
7-8 Step long step to left side with left, slide right to left ending with a touch

SWAY SWAY, SLIDE TOUCH, LEFT TWINKLE, RIGHT TWINKLE

- 1-2 Step right to right side bumping hips right, take weight onto left bumping hips left
3-4 Step long step to right side with right, slide left to right stepping on left beside right
5&6 Cross right over left, step left to left side, step right to right side
7&8 Cross left over right, step right to right side, step left to left side

RIGHT TWINKLE ¼ TURN, CROSS POINT, WALK WALK, STEP PIVOT

- 1&2 Cross right over left, step left to left side, turn ¼ turn right stepping right to right side
3-4 Cross left over right, point right to right side
5-6 Walk forward right, walk forward left
7-8 Step forward right, turn ¼ turn left taking weight onto left

REPEAT

RESTART

When danced to "Beautiful" by Christina Aguilera, at the end of wall 2, do counts 1-4 then restart the dance again from the start (facing front)

Then on wall 3, dance to count 16 then restart the dance from the start (facing the back)
