

Skinny Love

COPPER KNOB
STEPSHEETS

拍數: 32

牆數: 4

級數: Intermediate / Advanced -
Contemporary Smooth

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音樂: Skinny Love - Birdy : (Album: Birdy)



Dance order: ABCDE, ABCDE, ABCD Tag E, ABCDE, ABCD Tag EABE, AB, ABCDE, A

Start with both feet apart

Part A

CROSS, SWEEP, CROSS, ¼ TURN, WALK, BODY ROLL, WALK, ¼ TURN, STEP, ARM MOVEMENTS, TURN 1/2, SHOULDER DROP, BODY SWING

- 1 Cross L behind R and sweep R front to back
- 2 Cross R behind L
- & Turn ¼ to the left and step L forward
- 3 Step R forward and push upper body backwards & Roll body down
- 4 Step L backwards
- & Step R backwards
- 5 Turn ¼ to the left and step L to left side and bring R arm up with arm stretched up
- 6 Re-bounce R elbow down and Bring R arm out to diagonal
- & Swing R arm down and turn ½ to the right and step R to right side
- 7 Continue to swing R arm up, R arm stretched up next to head with fingers spread out
- & Close fingers from the pink finger to a fist
- 8 Pull R elbow down & Drop R underarm down

SHOULDER DROP, BODY SWING, STEP, CROSS, SWEEP 5/8 TURN, ROCK, RECOVER,

- 1 Drop and push R shoulder down, bend both knees slightly
- 2 Drop and push L shoulder down, bend both knees slightly
- & Drop and push R shoulder down, bend both knees slightly a Push L shoulder down, Swing body to the right and shift weight to R leg, knees still bended
- 3 Extend L leg to left side while R knee is still bended
- 4 Step L to left side
- & Cross R over L
- 5 Step L to left side and sweep R leg from forward to back while making a 5/8 turn to the right (facing 7:30)
- 6 Rock R backwards
- & Rock L forward and swing both arms forward.

Part B

STEP, BEND, ARM MOVEMENTS

- 7 Step L backwards with both knees bended swing both arms down
- 8 Turn ¼ (facing 4:30) to the left and step L out to left side with right knee bended Keep weight on right and throw both arms down.
- & Transfer weight to middle both knees bended and swing both arms down
- 1 Transfer weight to left side with left knee bended and swing both arms down

KNEE SWING, KICK, RONDE, TURN 5/8, REBOUNCE, RAISE, STEP, SWEEP, STEP, ROCK, RECOVER

- 2 Raise right knee and roll R knee in & Swing R knee out
- 3 Kick R in front of L
- 4 Ronde R from front to back while turn ½ to the right on L
- & Step R next to L
- 5 Extend L out to left side and bend R knee a Raise body and straighten and your R knee

Part C

STEP, SWEEP, STEP, ROCK, RECOVER

- 6 Step L forwards and sweep R from back to front
- 7 Step R forward
- 8 Rock L forward
- & Recover on R

STEP, FULL TURN, CROSS, STEP

- 1 Step L backwards
- 2 Turn $\frac{1}{4}$ to the right and step R to right side with both knees bended
- 3 Straight R knee and extend L leg and make a full turn on R
- 4 Cross L over R & Step R to right side

Part D

TURN $\frac{1}{2}$, HOLD, WEIGHT CHANGE

- 5 Turn $\frac{1}{2}$ to the left on R and body reach to the left
- 6 Hold (optional: extend left arm out to left side)
- 7 Transfer weight to R

Part E

CROSS, STEP

- 8 Cross L over R
- & Step R to right side

TAG - WALK AROUND

- 1 -7 Walk in a circle, starting with R, always ending facing front wall (12 o clock)

note: the dance order sounds difficult then it seems, if you listen to the music it will be easy to do it.

HAVE FUN
