

Forward, Backward AB

COPPER KNOB
STEPPSHEETS

Count: 32

Wand: 2

Ebene: Absolute Beginner

Choreograf/in: Karen Lee (TW) - December 2022

Musik: Naar Voren, Naar Achter - Alpenzusjes



Intro: 32 C, No Restart. / NoTag.

[S1]: Walk Forward (R-L-R), Kick, Walk Back (L-R-L), Touch.

1-4 Walk Forward RF-LF-RF, LF Kick

5-8, Walk Backward LF-RF-LF, RF Touch

[S2]: Vine R, Touch, Vine L, Touch.

1-4 Step RF to R side, Cross LF behind RF, Step RF to R side, Touch LF next to RF

5-8 Step LF to L side, Cross RF behind LF, Step LF to L side, RF Touch.

[S3]: K-Step, (snap or clap)

1-4 Step RF diagonally forward, Touch LF Next to RF, Step LF diagonally back, Touch RF Next to LF

5-8 Step RF diagonally Back, Touch LF Next to RF, Step LF diagonally forward, Touch RF Next to LF

[S4]: Rocking Chair, Pivot Turn 1/4 L x 2

1-4 Rock RF Forward, Recover on LF, Rock RF Backward, Recover on LF

5-6 Step RF Forward, 1/4 turn Left Weight on LF,

7-8 Repeat 5-6

REPEAT

Enjoy and happy Dancing...

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