

Lahaina Strong

COPPER **KNOB**
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Absolute Beginner



Chorégraphe: Susanne Flynn (USA) - August 2023

Musique: Lahaina - Loggins & Messina

Dedicated to the people of Lahaina

#24 count intro, start on vocals

**2 Restarts after section 1 on wall 3 (6:00) and wall 6 (3:00)

Section 1: Side, Together, Side, Touch (2 Step) R then L

- 1-2 Step R foot to R / Step L next to R
- 3-4 Step R foot to R / Touch L foot next to R
- 5-6 Step L foot to L / Step R next to L
- 7-8 Step L foot to L / Touch R foot next to L

Optional arms: Hula "wave" arms toward the L then R

Section 2: Cross Mambo to L then R

- 1-2 Cross R foot over L / Recover on L
- 3-4 Step R back to home / Hold
- 5-6 Cross L foot over R / Recover on R
- 7-8 Step L foot back to home / Hold

Optional arms: Hula "breast stroke" to L then R

Section 3: Step, Lock, Step, Brush moving forward R then L

- 1-2 Step R foot diag forward / lock L foot behind R
- 3-4 Step R foot diag forward / brush L foot forward
- 5-6 Step L foot diag forward / lock R foot behind L
- 7-8 Step L foot diag forward / brush R foot forward

Optional arms: Hula "praise the sun" 2x (up center and circle down to sides)

Section 4: Jazz Box turning R, Rocking Chair (or 2 Pivots)

- 1-2 Cross R foot over L / step L back making ¼ turn R
- 3-4 Step R foot to R / Step L foot next to R
- 5-6 Rock R foot forward / Recover on L
- 7-8 Rock R foot back / Recover on L

Optional arms: Hula "present" arm R then L (single arm forward sweeping side)

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