

Let Me Down Easy

COPPER KNOB
BY SHEPPARD'S

拍数: 32 墙数: 1 级数: Upper Beginner
编舞者: Karen Donnelly (AUS) - July 2013
音乐: Let Me Down Easy - Sheppard : (iTunes)



Start With Weight On Left Foot. Dance Commences At Beginning Of Second Lyrics With The Word NIGHT.

Side Shuffle Right, Rock Recover, Full Roll Left, Side Shuffle Left.

1 & 2 Shuffle To The Right (R L R)
3 4 Rock Back On The Left, Recover Weight To Right Foot
5 6 Full Roll To The Left In 2 Counts,
7 & 8 Left Shuffle (L R L)

Rock Back Recover, Right Rocking Chair, Right Shuffle Back, Rock Back Recover.

1 2 Rock Back On The Right Foot, Forward On The Left Foot
3 4 Rock Forward On The Right Foot, Rock Back On The Left Foot
5 & 6 Shuffle Back On The Right (R L R),
7 8 Rock Back On The Left Foot, Recover To The Right Foot

Left Shuffle Forward, Kick & Point, Kick & Point, Rock Forward Recover,

1 & 2 Shuffle Forward On The Left (L R L)
3 & 4 Kick Right Foot Forward, Point Left Foot To The Side
5 & 6 Kick Left Foot Forward, Point Right Foot To The Side
7 8 Rock Forward On The Right, Recover Weight To Left Foot

½ Turn Toe Strut, Rock Back Recover, Walk Forward 2 Steps

1 2 Turning ½ To The Right With Right Toe Strut
3 4 Turning ½ To The Right Left Toe Strut
5 6 Rock Back On The Right, Recover Weight To Left Foot
7 8 Walk Forward Right, Left

Start Dance Again.

TAG: At End Of 2nd Wall There Is A 16 Count Tag:

Step Right Hold, Pivot 1/2 Hold, Step Right Hold, Pivot 1/2 Hold.

1 2 3 4 Step Right Forward, Hold Step ½ Turn Left Hold
5 6 7 8 Step Right Forward, Hold Step ½ Turn Left Hold

Step Right Touch, Step Left Touch. 4 Hip Bumps□

1 2 Step Right Foot To The Right, Touch Left Beside Right
3 4 Step Left Foot To The Left, Touch Right Beside Left
5 6 7 8 4 Hip Bumps, Right, Left, Right Left.

Start Again

End Of Dance: 2 Slow 1/2 Pivots. Step Right Foot To The Side, Slide Left Foot To Step Together.

Contact: Kd.teddybear@gmail.com - 0419897276