

So Long Sweet Honey - ABBA

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Adrian Helliker (FR) & Annemaree Sleeth (AUS) - April 2015
音乐: So Long - ABBA : (iTunes)



Intro: 40 Counts Into Track Approx 16 Seconds Into Track Bpm 160 approx

Sec 1: Stomp Forward, Heel Taps, Rocking Chair

1 Stomp R forward, (Add Arms To Sides As You Stretch Out)
2-3-4 Tap R heel, X 3 (Wgt R),
5-6 Step L forward, recover R,
7-8 Step L back, recover R,

Sec 2: Step Scuff, Step Scuff, Forward Mambo, Touch

1-2 Step L forward, scuff R forward (click fingers on scuffs)
3-4 Step R forward, scuff L forward
5-6 Step L forward, recover R
7-8 Step L Back, touch R together

Sec 3: Vine Right, Touch, Vine Left, Touch

1-2 Step R side, cross L behind R
3-4 Step R side, touch L together
5-6 Step L side, cross R behind L
7-8 Step L side, touch R together

Sec 4: Heel Together, ¼ R Monterey

1-2 Tap R heel forward, step R together
3-4 Tap L heel Forward, step L together
5-6 Touch R Side, turn 1/4 R ball Of L foot Step R together
7-8 Touch L Side, Step L together

No Tags No Restarts - Repeat and Have Fun

Note :for the new dancer, we have chosen to dance through any Restarts
