

High Blood Pressure

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Weber Wen (USA) - April 2015
音乐: High Blood Pressure - Boz Scaggs : (Album: A Fool To Care)



Start dancing on the word 'high' (Approx. 34 seconds into the track)

STEP, TOUCH, BACK, TOUCH, BACK, TOUCH, STEP, TOUCH (K-STEP)

1-2 Step forward diagonally on R, touch L toe next to R
3-4 Step back diagonally on L, touch R toe next to L
5-6 Step back diagonally on R, touch L toe next to R
7-8 Step forward diagonally on L, touch R toe next to L

STEP, 1/2 TURN, SHUFFLE, STEP, 1/2 TURN, SHUFFLE

1-2 Step forward on R, pivot 1/2 turn to left (6:00)
3&4 Step forward on R, step L next to R, step forward on R
5-6 Step forward on L, pivot 1/2 turn to right (12:00)
7&8 Step forward on L, step R next to L, step forward on L

ROCK, RECOVER, 1/4 TURN, CROSS, LINDY RIGHT

1-2 Cross R over L, recover weight on L
3-4 Turn 1/4 to right stepping R to side, cross L over R (3:00)
5&6 Step R to side, step L next to R, step R to side
7-8 Rock back on L, recover weight on R

OUT, OUT, HOLD, IN, IN, HOLD, SWIVEL

&1-2 Step forward diagonally on L, step forward diagonally on R, hold
&3-4 Step back diagonally on L, step R next to L, hold

*easy option: OUT, OUT, IN, IN

1-2 Step forward diagonally on L, step forward diagonally on R
3-4 Step back diagonally on L, step R next to L
5-6 Swivels: shift both heels to left, shift both toes to left,
7-8 Repeat counts 5-6

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Last Update - 16th June 2015