

A Good Man Is Hard To Find

COPPERKNOB
STEPSHEETS

拍数: 56 墙数: 4 级数: High Beginner
编舞者: Kirsi-Marja Vinberg (FIN) - June 2015
音乐: A Good Man Is Hard to Find - Brenda Lee



Note: All the shuffles and triple steps have the rhythm 1 a2 (like in boogie woogie triple step) in this dance.

S1: BOOGIE WOOGIE 8 COUNT BASIC(USING SHUFFLE STEP) TURNING 1/4

1-2 step in place right, left
3&4 step right to side, left together, right to side
5-6 step in place left, right
7&8 step left to side, right together, left to side turning ¼ left

S2: 2 STEPS FORWARD, TRIPLE IN PLACE, 2 STEPS BACK, TRIPLE IN PLACE

1-2 step forward right, left
3&4 triple step: step in place right, left, right
5-6 step backwards left, right
7&8 triple step in place: left, right, left

S3: ROCK STEP BACK, STEP FORWARD, HOLD, ROCK STEP FORWARD, STEP BACK, HOLD (AKA SHORT GROOVE WALK)

1-2 rock right foot back, step left in place
3-4 step right foot forward, hold with snap
5-6 rock left foot forward, step right in place
7-8 step left back, hold with snap

S4: BREAK: STEP OUT OUT, HOLD X3, TRAVELLING SWIVELS TOGETHER

&1 step right to side, step left to side (hands: spread hands to the side)
2-4 hold
5-8 lift toes to your centre, then heels, toes heels(now feet are together). Hand gestures: twist your fingers pointing down, up, down, up

Obs. Restarts after first, third and fifth repetitions(after dancing 32 counts). Third and fifth repetitions start facing 12.00 o'clock wall.

S5: STOMP R, HOLD, SWIVEL STEPS GOING FORWARD, STOMP L, HOLD, SWIVEL STEPS FORWARD

1-2 stomp right foot diagonally forward right, hold with snap
3-4 swivel steps: left to diagonally left forward, right to diagonally right forward
5-6 stomp left to diagonally left forward, hold with snap
7-8 swivel steps: right to diagonally forward right, left to diagonally left forward

S6: TOE TOUCHES AND SIDE STEPS TURNING ½ L

1-2 touch right toe in front of the left foot, step right foot to side and turn ¼ left
3-4 touch left toe in front of the right foot, step left to side
5-8 repeat 1-4

S7: DIAGONAL STEP, SLIDE TOGETHER, DIAGONAL STEP, SLIDE TOGETHER, DIAGONAL R SHUFFLE STEP FORWARD, DIAGONAL L SHUFFLE STEP FORWARD

1-2 step right foot to right diagonal forward, slide left foot together
3-4 repeat 1-2
5&6 step right to right diagonal forward, left together, right to right diagonal forward
7&8 step left to left diagonal forward, right together, left to left diagonal forward

Repeat

Contact: vinberg@aurinkorytmi.com
