

Abilene

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Sherri Busser (USA) - July 2015
音乐: Abilene - Ruud Hermans : (Album: Sings the Hits of Bobby Bare)



Alt. tracks:-

River Bank by Brad Paisley; 117 bpm

Ac-cent-tchu-ate The Positive by Willie Nelson; 138 bpm

Written for and dedicated to my new friend Marlene on her birthday!

Abilene – 8 count intro. Weight on the left, moves clockwise

Sec. 1: Side, together, side, hitch; side, together, side, hitch

1-4 Step R to side, step L together, step R to side, little hitch with L

5-8 Step L to side, step R together, step L to side, little hitch with R

(Option on counts 4 & 8 would be touches in place of hitches)

Sec. 2: Step fwd touch toe, step back touch heel x 2

1-4 Step R fwd, touch/tap L behind R. Step L back, touch/tap R in front

5-8 Repeat 1-4

(Option on count 4 & 8, touch to instep)

Sec. 3: Walk fwd 3 steps, kick; walk back 3 steps, touch

1-4 Walk fwd R-L-R, kick L fwd

5-8 Walk back L-R-L, touch R to L instep

Sec. 4 Jazz triangle with ¼ turn R, repeat

1-4 Step R fwd across L, step L straight back, turn ¼ R stepping R to side, step L together with R
(3 o'clock)

5-8 Repeat 1-4 (6 o'clock)

As dancers gain confidence, change songs to increase the bpm.

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