

Your Place Or Mine AB

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Absolute Beginner / Beginner
编舞者: Annemaree Sleeth (AUS) - July 2015
音乐: Bedroom - Alvaro Estrella : (Single - iTunes)



Split Floor to Intermediate dance by Ria Vos, R.Mcg.Hickie & K.H.Winson

#16 Count Intro

This Dance is for the new beginner but have added options for the experienced dancer

SEC 1: 1-8. FORWARD TOGETHER, FORWARD TOUCH, FORWARD TOGETHER, FORWARD TOUCH

1 – 2 Step R Diag Forward, Step L Together
3 – 4 Step R Diag Forward, Touch L Together
5 – 6 Step L Diag Forward, Step R Together
7 – 8 Step L Diag Forward, Touch R Together

SECT 2: 9-16., BACK 3 TOUCH/ HIP BOUNCE, BACK 3 TOUCH / HIP BOUNCE

1 – 2 Walk R Back , Walk L Back
3 – &4 Walk R Back, Touch L toe forward (& Bounce L hip up, then down)
5 – 8 Walk Back L, Walk Back R
7 –& 8 Walk Back L, Touch R toe forward (& Bounce R hip up, then down)

EASIER OPTION Walk Back R,L, R Touch L, Walk Back L,R,L, Touch R

SEC 3: 17-24 R. SIDE TOGETHER SHIMMIES, LSIDE TOGETHER SHIMMIES

1 – 2 Step R Side, Drag L to R (Shimmy shoulders ,ad claps)
3 – 4 Step/Touch L Together, Hold
5 – 6 Step L Side, Drag R to L,
7 – 8 Touch R Together, Hold

SEC 4: 25- 32. ROCKING CHAIR, PUSH TURNS $\frac{1}{4}$ X 3, TOUCH/ OR $\frac{1}{2}$ PIVOT, $\frac{1}{4}$ PIVOT

1 – 2 Rock R Forward, Recover L
3 – 4 Rock R Back, Recover L
& –5 Push R Toe side, pivots $\frac{1}{4}$ L, recover L
& - 6 Push R Toe side, pivots $\frac{1}{4}$ L, recover L
& - 7 Push R Toe side, pivots $\frac{1}{4}$ L, recover L(Make a $\frac{3}{4}$ Turn Left)
8 - Touch R Together L

EASIER OPTION SEC 4 STEP $\frac{1}{2}$ PIVOT, STEP, $\frac{1}{4}$ PIVOT

5 – 6 Step R Forward, $\frac{1}{2}$ Pivot L
7 – 8 Step R Forward, $\frac{1}{4}$ Pivot L

RESTART Needed on wall 3 (9.00)

Dance First 8 counts and Restart Dance

Wall 11 Dance to finish to the front Make a 1 $\frac{1}{2}$ Circle with the Push Turns to the front.

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