

1000 Dances (Narr Narnar Na Harrr)

COPPER KNOB
STEPSHEETS

拍数: 36 墙数: 2 级数: Ultra Beginner
编舞者: Diana Bishop (AUS) - August 2015
音乐: Land Of A 1000 Dances by Jimmy Barnes



Start On Word "Alright" - 'No Tags No Restarts'

CROSS TOEHEEL, BACK TOEHEEL, COASTER STEP

1,2,3,4,5&6 R Toeheel Over L, L Toeheel Back Behind R, Step R Back, Bring L Next To Right, Step L Fwd,

CROSS TOEHEEL, BACK TOEHEEL, COASTER STEP

1,2,3,4,5&6 L Toeheel Over R, R Toeheel Back Behind L, Step L Back, Bring R Next To Right, Step R Fwd,

V-STEP WITH HOLDS

1,2,3,4 STEP R AT 45deg, HOLD, STEP L AT 45deg, HOLD,

ELVIS KNEES

5,6,7,8 Push R Knee Into L Knee, Replace Weight On To R Foot, As You Push L Knee Into R Knee, Replace Weight Onto L Foot, As You Push R Knee To L Knee & Hold,

SAILOR STEP, ½ TURNING SAILOR STEP (behind turn side side)

1&2,3&4 Step R Behind L, Step L To L Side, Step R To R Side, Step L Behind R, Turn ½ L, Step R To R Side, Step L To L Side

2 X SHUFFLES FWD

5&6,7&8 Shuffle Fwd On R,L,R, Shuffle Fwd On L,R,L

STEP TAP TAP, STEP TAP TAP, (HIT FISTS MASHED POTATO, MASHED POTATO)

1,2,3,4 Step R To R, Tap R Heel To Floor 2 Times, Clench Fists L To Bottom R On Top Hit Each Other 2 Times, Step L To L Hold, Tap L Heel To Floor 2 Times, Clench Fists R To Bottom L On Top Hit Each Other 2 Times

HIPS BUMPS, PLACE HANDS ON HIPS

5,6,7,8 Hip Bumps R,L,R,L, Hands On Hips While Doing Bumps

[36 BEATS] BEGIN AGAIN