

Strolling Through History

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jenifer Wolf (CAN) - January 2016
音乐: History - One Direction : (Album: Made In The AM, Deluxe Edition)



Intro: 8 counts & clap □ - Dance CCW

(A) □ STROLL DIAGONALLY FORWARD, BRUSH, STROLL DIAGONALLY FORWARD, BRUSH

- 1-2 Step right foot forward on a right diagonal, Cross left foot behind right foot
- 3-4 Step right foot forward on a right diagonal, Brush left foot forward (stroll, tight cross behind)
- 5-6 Step left foot forward on a left diagonal, Cross right foot behind left foot
- 7-8 Step left foot forward on a left diagonal, Brush right forward

Styling: The group, "The Temptations", use their arms for styling, push your arms forward and back as you stroll, bending the knees with tight cross behinds, the music is slow with good rhythm to do this.

(B) STEP BACK, TOGETHER, TRIPLE IN PLACE, STEP BACK, TOGETHER, TRIPLE IN PLACE

- 1-2 Step right foot back on a right diagonal, Step left foot back beside right foot
- 3&4 Step right foot beside left foot, Step left foot back beside right foot, Step right foot beside left foot
- 5-6 Step left foot back on a left diagonal, Step right foot back beside left foot
- 7&8 Step left foot beside right foot, Step right foot beside left foot, Step left foot beside right foot.

(C) □ STEP, CROSS BEHIND, TRIPLE IN PLACE, STEP, CROSS BEHIND, TRIPLE ¼ LEFT

- 1-2 Step right foot to right side, Cross left foot behind right foot (Restart, 9 o'clock, sway, sway)
- 3&4 Step right foot to right side, Step left foot beside right foot, Step right foot beside left foot
- 5-6 Step left foot to left side, Cross right foot behind left foot,
- 7&8 Step left foot to left side, Step right foot beside left foot, Turn ¼ left onto left foot

(D) □ ROCK, REPLACE, COASTER STEP, SIDE, ROCK, SAILOR STEP

- 1-2 Step right foot forward, Step left foot in place
- 3&4 Step right foot back, Step left foot beside right foot, Step right foot forward

(Restart happens here, first time facing side wall, 3 o'clock)

- 5-6 Step left foot to left side, Step right foot in place
- 7&8 Cross left foot behind right foot, Step right foot to right side, Step left foot to left side

Start again

Restart: 2 easy, At the beginning of the dance you will hear a restart, dance through it, start again, dance the first 16 counts on the 9 o'clock wall, (in C, replace 3&4 with 3-4) then step right to right side, Cross left behind right, Sway right, Sway left, start again

When starting the dance on the back wall for the first time, you will turn to face the side wall,,3 o' clock, section (D replace counts 3&4 with 3-4 Step right back, step left beside right, start the dance over, leave off the sailor step

Ending: facing the side wall, 3 o'clock, dance 16 counts then step right foot forward turn ½ left onto left foot to face the front wall.

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