

Waiting For The Light

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Pat Newell (USA) - January 2016
音乐: One More Night - Lee Rocker



Senior Dancing Series

Learning: Rocking chairs, rumba box, ½ pivot, hip bumps, holds

ROCKING CHAIR, HALF RUMBA BOX

1-4 Rock Forward on R, recover on L, rock back on R, recover on L
5-8 Step R, L together, step R forward hold

ROCKING CHAIR, HALF RUMBA BOX

1-4 Rock forward on L, recover on R, rock back on L, recover R
5-8 Step L to L, R together, back on L, HOLD

BACK ROCKING CHAIR, ½ PIVOT L 6:00

1-4 Rock back, recover on L, forward on R, rock back on L
5-8 Rock back on R, forward on L, step forward on R, turn 1/2 L (weight will be on L) 6:00

HIP BUMPS RIGHT, HOLD, LEFT, HOLD, RIGHT, HOLD, LEFT HOLD

1-4 Bump hips R HOLD, L, HOLD
5-8 Bump hips R HOLD, L, HOLD

NO TAGS NO RESTARTS

DANCE FOR THE HEALTH OF IT

Last Site Update – 27th Feb. 2016
