

Baby Boomers And Beyond

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Pat Newell (USA) - January 2016
音乐: Old Time Rock & Roll - Bob Seger



Senior Dancing Series

Alt. music: Burning Love by Winona Judd

Learning: Triples, pivots, twist, rock, rec w/brush

TRIPLE FORWARD, TRIPLE FORWARD ½ PIVOT L, ¼ PIVOT L

1&2 3&4 Triple forward R, L, R. L,R,L

5-8 Step forward on R, pivot ½ L, step forward on R, pivot ¼ L 3:00

TWIST, HOLD, TWIST, HOLD, TWIST, TWIST, TWIST, TWIST

1-4 Twist heels, R, hold, L hold

5-8 Twist heels, R, L, R, L □ □ □ □ 3:00

TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT, ROCK RECOVER

1&2 3,4 Triple RLR, rock back on L recover on R

5&6 7,8 Triple LRL, rock back on R, recover on L □ □ □ 3:00

ROCK REC, STEP BRUSH, ROCK REC STEP BRUSH

1-4 Rock R diagonally forward 1/8 wall R, rock back on L, fwd on R, brush L

5-8 Rock L diagonally forward 1/8 wall L, rock back on R, fwd on L, brush R 3:00

Begin Again

NO TAGS NO RESTARTS

DANCE FOR THE HEALTH OF IT
