

Castaway With Me

COPPER KNOB
BY STEPHEN

拍数: 16 墙数: 2 级数: Beginner
编舞者: Lynn Card (USA) - May 2016
音乐: Castaway - Zac Brown Band : (Ssingle - iTunes)



(No Tags, No Restarts)

(1-8): CROSS ROCK-RECOVER, CROSS ROCK-RECOVER, RIGHT HIP BUMPS, ¼ TURN & LEFT HIP BUMPS

1&2,3&4 Rock RF forward over LF, Recover LF, Replace RF next to LF, Rock LF forward over RF, Recover RF, Replace LF next to RF

5&6,7&8 Touch R toe forward and bump R hip to right, As you step down on RF bump R hip a second time to right, Turn ¼ turn to left as you touch L toe forward and bump L hip to left, Step down on LF and bump L hip a second time to the left (9:00)

(Option: You can also step forward with your whole foot and bump at same time on counts 5 & 7...you don't have to do it as a strut bump)

(9-16): MAMBO RIGHT FORWARD, MAMBO LEFT BACK, STEP ¼ TURN CROSS, SIDE TOGETHER SIDE

1&2,3&4 Rock RF forward, Recover LF, Replace RF next to LF, Rock LF back, Recover RF, Replace LF next to RF

5&6,7&8 Step RF forward, Pivot ¼ turn to left stepping LF to left, Cross RF over LF, Step LF to left, Step RF next to LF, Step LF to left (6:00)

(Now in position to start the dance over and.....Castaway With Me)

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