

Care to Dance

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Natasha Ind (UK) - August 2016
音乐: I'm In the Mood for Dancing - The Nolans



Section 1: Step, together, step, touch x2 (swaying as you go)

- 1-4 Step Right foot to right side, step left foot next to right foot, step right foot to right side, touch left toe next to right foot.
5-8 Step left foot to left side, step right foot next to left foot, step left foot to left side, touch right toe next to left foot.

Section2: Forward touch, Back Touch, Back Mambo, Back Mambo ¼ left.

- 9-12 Step Right foot forward, touch left toe next to right foot, step left foot back, touch right toe next to left foot.
13&14 Step Rock the right foot back, Recover weight onto the left foot, step right foot next to left.
15&16 Step rock back the left foot, recover weight onto the right foot, step left foot forward making a ¼ turn left.

Section 3: Rock step Coaster Step, Touches, Behind, Side, Cross

- 17, 18 Rock step forward onto the right foot, recover weight back onto the left foot
19&20 Step right foot back, step left foot next to the right foot, step the right foot forward.
21, 22 Touch left toe forward, left tot to left side
23&24 Step left foot behind right foot, step right foot to right side, step left across right foot.

Section 4: Side Rock, Behind, Side, Cross, Side Rock, Step, Touch.

- 25, 26, Rock step right foot to right side, recover weight onto left foot
27&28 Step right foot behind left foot, step left foot to left side, step right foot across left foot.
29, 30 Rock step left foot to left side, recover weight onto the right foot
31, 32 step left foot to left side, touch right toe next to left side.

Start Again

****Ending: As the music fades you will be facing the back wall, do counts 21,22, then instead of Behind, side cross, finish with a ½ Sailor turn left, so you finish facing the front wall, and why not strike a pose!!**

- 21, 22 Touch left toe forward, to the side
23&24 Step left foot Cross right behind left and turn 1/4 left. Step right beside left. Turning left 8 Turn 1/4 left and cross left over right. (12:00).

Enjoy and Smile!

Thank you to Tracey and Teresa for the music suggestion after a shift in a care home together!

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