

Purely Simple

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rob Francis (UK) - October 2016
音乐: Pure and Simple - Dolly Parton



Title suggested by Val

Intro: 32 counts (170 bpm)

(There are two tempo's to track 85 bpm & 170 bpm this was written at 170 bpm)

SECTION 1 : Step. Tap. Back. Kick. Slow Coaster-step. Hold .

- 1 – 2 Step forward on Right , Tap Left toe behind Right Foot.
- 3 – 4 Step back on Left foot , Kick Right foot forward.
- 5 – 6 Step back on Right , Step Left next to Right .
- 7 – 8 Step Right foot forward , Hold for one count.

SECTION 2 : Left Lock Step Forward. Hold . Right Lock Step Forward . Hold .

- 9 – 10 Step Left foot forward , Step Right Foot forward behind Left .
- 11 – 12 Step Left foot forward , Hold for 1 count .
- 13 – 14 Step Right foot forward , Step Left foot behind Right .
- 15 – 16 Step Right foot forward , Hold for 1 count .

SECTION 3 : Left Rocking Chair step , Step Left foot forward ¼ Turn to Right Cross & Hold .

- 17 – 18 Rock forward on Left foot , Recover weight to Right foot .
- 19 – 20 Rock back on Left foot , Recover weight onto Right foot .
- 21 – 22 Step Left foot forward , Pivot ¼ Turn to Right .
- 23 – 24 Cross Left foot over Right , Hold for 1 count .

SECTION 4 : Step Right . Left behind . Step Right . Left in Front . Right Mambo side & Touch

- 25 – 26 Step Right foot to Right side , Step Left foot behind Right .
- 27 – 28 Step Right foot to Right side , Cross Left foot in front of Right.
- 29 – 30 Rock Right foot out to Right side Recover weight onto Left foot .
- 31 – 32 Touch Right Toe beside Left foot keeping weight on Left foot .

START AGAIN , SMILE AND ENJOY.

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