

Mi Chip Pan's on Fire

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Glynn Rodgers (UK) - December 2016
音乐: Chip Pan - The Everly Pregnant Brothers : (Charity Single)



Note – The music is a bit of fun and is to raise money for AGE UK and Shelter charities.

[1-8] □ Side, Touch, Side, Touch, ½ Rumba Box. Side, Touch, Side, Touch, ½ Rumba Box.

1&2& Step right to right side, touch left beside right, step left to left side, touch right beside left.
3&4 Step right to right side, close left to right, step right forward.
5&6& Step left to left side, touch right beside left, step right to right side, touch left beside right.
7&8 Step left to left side, close right to left, step left back.

[9-16] □ Lock Step Back, Coaster Step, Heel Strut Right & Left, Run Forward.

1&2 Step back right, lock left over right, step back right.
3&4 Step back left, close right to left, step forward left.
5&6& Dig right heel forward, drop toes. Dig left heel forward, drop toes.
7&8 Run forward right-left-right

[17-24] □ Slow Jazz box ¼ Turn, Quick Jazz Box Cross, ½ Hinge Turn.

1-2 Cross left over right, turn ¼ left stepping back right.
3-4 Step side left, close right to left.
5&6& Cross left over right, step back right, step left to left side, cross right over left.
7-8 Turn ¼ right stepping back left, turn ¼ right stepping side right.

[25-32] □ Cross Shuffle, Quick Side Rock, Cross Shuffle, Quick Side Rock, Cross Shuffle. (Travelling forward)

1&2 Cross left over right, step right to right side, cross left over right.
3& Rock right to right side, recover weight on to left.
4&5 Cross right over left, step left to left side, cross right over left.
6& Rock left to left side, recover weight on to right.
7&8 Cross left over right, step right to right side, cross left over right.

This final section should travel slightly forward on the cross shuffles.

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