

My Lonely Drum

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kristina Åkerman (SWE), Eva Andersson (SWE) & Jane Nilsson (SWE) - June 2017
音乐: Lonely Drum - Aaron Goodvin : (iTunes)



Intro: 40 counts – start on lyrics

S1: Stomp, kick, triple step, stomp, kick, triple step

1-2 Stomp right foot beside left, kick right foot forward
3&4 Triple step right left right in place
5-6 Stomp left foot beside right, kick left foot forward
7&8 Triple step left right left in place

S2: Cross rock, chasse right, cross rock, chasse left □

1-2 Cross right foot in front of left, recover on to left
3&4 Step right to right side, step left beside right, step right to right side
5-6 Cross left foot in front of right, recover on to right
7&8 Step left foot to left side, step right beside left, step left to left side

S3: Step forward, tap, step back, ¼ turn right, step forward, tap, step back, ¼ turn left

1-2 Step forward on right foot, tap left toe behind right heel
3-4 Step back on left foot, ¼ turn right stepping right to right side
5-6 Step forward on left foot, tap right toe behind left heel
7-8 Step back on right foot, ¼ turn left stepping left to left side

S4: Kick-Ball-Cross x 2, heel grind ¼ turn right, rock step

1&2 Kick right foot diagonally right, touch right ball beside left, cross left in front of right
3&4 Kick right foot diagonally right, touch right ball beside left, cross left in front of right
5-6 Touch right heel forward, grind right toe ¼ right stepping back on left
7-8 Step back on right foot, recover onto left

TAG: Easy Tag at the end of the 3rd wall

STEP, HOLD, ROCK/RECOVER, STEP, HOLD, ROCK/RECOVER

1-2-3-4 Step right foot to right side, hold, rock back on left foot, recover onto right foot
5-6-7-8 Step left foot to left side, hold, rock back on right foot, recover onto left foot

Have fun

Last Update - 1st August 2017