

Bang Bang Maxwell's Silver Hammer

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Val Saari (CAN) - April 2018
音乐: Maxwell's Silver Hammer - The Beatles : (iTunes)



HEEL SWITCHES X 4 (R,L,R,L)

1-2 Touch R Heel forward on floor, Step RF beside L
3-4 Touch L Heel forward on floor, Step LF beside R
5-6 Touch R Heel forward on floor, Step RF beside L
7-8 Touch L Heel forward on floor, Step LF beside R

RF TOE-STRUT MODIFIED JAZZ BOX, RF MAMBO BACK

1-2 Cross RF over L, Touch RF toe - drop R heel
3-4 Step LF left on toes, LF heel down
5-6 Rock RF back, Recover LF
7-8 Step RF together

HEEL SWITCHES X 4 (L,R,L,R)

1-2 Touch L Heel forward on floor, Step LF beside R
3-4 Touch R Heel forward on floor, Step RF beside L
5-6 Touch L Heel forward on floor, Step LF beside R
7-8 Touch R Heel forward on floor, Step RF beside L

LF TOE-STRUT MODIFIED JAZZ BOX, LF MAMBO BACK

1-2 Cross LF over R, Touch LF toe - drop L heel
3-4 Step RF right on toes, RF heel down
5-6 Rock LF back, Recover RF
7-8 Step LF together

WALK FORWARD R,L,R, KICK L, WALK BACK L,R,L, TOUCH R

1-2 Walk forward, RF, LF
3-4 Walk forward RF, Kick LF forward
5-6 Step back, L, R
7-8 Step back L, Touch RF beside L

STEP, POINT L, STEP, POINT R, TWIST TURN 1/2 L

1-2 Step RF forward, Point LF side left
3-4 Step LF forward, Point RF side right
5-6 Cross RF over L, hold
7-8 Untwist the feet 1/2 pivot Left

MAMBO RIGHT, MAMBO LEFT

1-4 RF Rock side right, LF recover, RF close together beside L & hold
5-8 LF Rock side left, RF recover, LF close together beside R & hold

ROCKING CHAIR, STOMP, STOMP

1-2 Rock Rf forward, Recover LF
3-4 Rock RF back, Recover LF
5-6 Stomp RF, Hold
7-8 Stomp LF, Hold

Repeat

