

Foot Steps

COPPER KNOB
BY STEPHEN T. C.

拍数: 48 墙数: 1 级数: Phrased Beginner
编舞者: Molly Yeoh (MY) - May 2018
音乐: Footsteps (脚步) - Amy Sand (盛晓玫) : (泥土音乐)



Intro: 32 count - Sequence: AA(tag),BB(tag),AABB(tag) AA(tag),BBAA(tag)

PART A (Always 2 set)

AS1: FORWARD POINT, SIDE POINT, SHUFFLE FORWARD

1-2, 3&4 Right fwd point, R point to R, RLR shuffle fwd

5-6, 7&8 Left fwd point, L point to L, LRL shuffle fwd

AS2: RIGHT AND LEFT SHUFFLE, PIVOT 1/2 TURN, STEP ON

1&2, 3&4 Shuffle RLR fwd, shuffle LRL fwd,

5 6 7 8 R step fwd, 1/2 L turn, L step fwd, R step beside L, L step in place

PART B (2 set) Note: Except last time 3 set

BS1: R SHUFFLE, ROCK BACK RECOVER, L SHUFFLE, ROCK BACK RECOVER

1&2, 3 4 RLR shuffle to R, L rock back recover on R(open both hands ,waist level)

5&6, 7 8 LRL shuffle to L, R rock back recover on L(lower both hands down)

BS2: DIAGONAL RIGHT SHUFFLE UP, 1/4 TURN LEFT, SHUFFLE UP, TWO PADDLE TURNS

1&2, 3&4 R diagonal RLR fwd, 1/4 L turn, LRL fwd(Lift right hand up)

5 6 7 8 R step fwd 1/4 L turn, L in place, R step fwd, 1/4 L turn, L in place(3 o'clock)

(Lift Left hand up)

BS3: REPEAT S1 (PART B)

1&2, 3 4 RLR shuffle to R, L rock back recover on R

5&6, 7 8 LRL shuffle to L, R rock back recover on L

BS4: DIAGONAL RIGHT SHUFFLE UP, 1/4 TURN LEFT, SHUFFLE UP, JAZZ BOX

1&2, 3&4 R diagonal RLR fwd, 1/4 L turn, LRL fwd

5 6 7 8 R cross over L, L step back, R step to R, L cross over R(12 o'clock)

(fold hands across your chest)

*Hand movements optional

TAG: BOTH HANDS SWAY FROM RIGHT TO LEFT, TWICE

1-4 Sway both hands from R to L, R to L

HAVE A RELAXING TIME DANCING! TQVM

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