

AB Gotta Stay Hungry

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Janet Cummings (USA) - June 2019
音乐: Dancing In the Dark - Bruce Springsteen



Intro: 32 Count - No Tags or Restarts

SECTION 1: STEP R FORWARD, HOOK L BEHIND, STEP L, KICK R, SLOW R COASTER STEP, TOUCH

1, 2, 3, 4 R Step Forward, L Hook Behind R Knee, L Step, R Kick
5, 6, 7, 8 R Step Back, L Step Back, R Step Forward, L Touch

SECTION 2: STEP L FORWARD, HOOK R BEHIND, STEP R, KICK L, SLOW L COASTER STEP, TOUCH

1, 2, 3, 4 L Step Forward, R Hook Behind L Knee, R Step, L Kick
5, 6, 7, 8 L Step Back, R Step Back, L Step Forward, R Touch

SECTION 3: TOUCH R OUT TO SIDE, RETURN, STEP TO THE RIGHT, SLIDE L TOGETHER, TOUCH L OUT TO SIDE, RETURN, STEP TO THE LEFT, SLIDE R TOGETHER

1, 2, 3, 4 R Touch Out to Side, Return, Step Out to Side, Slide L Together
5, 6, 7, 8 L Touch Out to Side, Return, L Step Out to Side, Slide R Together

SECTION 4: TOE STRUT JAZZ BOX

1, 2 Cross R Toe Over L Foot, Drop Heel
3, 4 Step Back on L Toe, Drop Heel
5, 6 Step R Toe to Right, Drop Heel
7, 8 Step L Toe Forward, Drop Heel

New Steps in this dance: Hook Behind R & L, Kick Forward R & L, Side Touches with a Slide R & L, Toe Strut Jazz Box.

You are doing a great job guys! Remember, to fully enjoy the "Line Dance Experience" follow floor etiquette. Ask your instructor for a copy of the rules. Thanks for checking in, see you soon!

Studies show that Dance enhances Physical and Mental health! May God be with us as we move forward step-by-step.

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