

AB Goodnight Kiss

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Janet Cummings (USA) - January 2020
音乐: Goodnight Kiss - Randy Houser : (Album: How Country Feels - 3:09)



Intro: 48 Count...Start on LYRICS - No Tags or Restarts

Alternate Song: (Sittin' On) the Dock Of The Bay, Otis Reading - BPM: 104

SECTION 1: R DIAGONAL STEP FORWARD, L FOLLOW, HEEL SPLIT; L DIAGONAL STEP BACK, R FOLLOW, HEEL SPLIT

(Once you're comfortable with Heel Splits, try Double Dorothy Clicks)

- 1, 2, 3, 4 R Step Diagonally Fwd, L Follow; With Weight on Balls of BOTH Feet Spread Heels Apart, Close
- 5, 6, 7, 8 L Step Diagonally Back, R Follow; With Weight on Balls of BOTH Feet, Spread Heels Apart, Close

SECTION 2: R ROCK FWD, L RECOVER, R SHUFFLE BACK; L ROCK BACK, R RECOVER, L SHUFFLE FWD

- 1, 2, 3&4 R Step Forward, L Recover, R Step Back, L Follow (&), R Step Back
- 5, 6, 7&8 L Step Back, R Recover, L Step Forward, R Follow (&), L Step Forward

SECTION 3: R CROSS ROCK, RECOVER, TRIPLE IN PLACE; L CROSS ROCK, RECOVER, TRIPLE IN PLACE

- 1, 2, 3&4 R Cross L With Weight, L Recover, Step R, L R (In Place)
- 5, 6, 7&8 L Cross R With Weight, R Recover, Step L, R, L (In Place)

SECTION 4: QUAD-ROCKER

- 1-4 R Ft. Cross L, L Recover, R Rock Diagonally (2:00), L Recover,
- 5-8 R Rock Diagonally Back (4:00), L Recover, R Cross Rock Back, L Recover

Note: This Dance is #17 in my Absolute Beginner Series. Woot!

You will learn FOUR (4) New Steps in this dance...They are: Heel Splits, Shuffles (Forward & Back), Triple In Place, and a Quad Rocker while still staying on ONE wall. All of these dances are designed to be progressive learning tools to help you acclimate to a dance floor.

Good job guys, and congratulations on your progress. But, please never forget Floor Etiquette, and the need to Respect each other and your Instructors on that floor at all times.

Many thanks for checking in, may God richly reward you for your every effort. God bless.

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