

AB Marina Del Rey

COPPER KNOB
STEPPERS

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Janet Cummings (USA) - February 2020
音乐: One Big Country Song - LOCASH : (Album: Brothers - 3:13)



No Tags or Restarts

Intro: 16 Count

SECTION 1: R SIDE ROCK, RECOVER, R SHUFFLE BACK; L SIDE ROCK, RECOVER, L SHUFFLE FORWARD

1, 2, 3&4 R Rock to Side, L Recover, R Shuffle Back (R, L, R)

5, 6, 7&8 L Side Rock, R Recover, L Shuffle Forward (L, R, L)

NOTE: Beginners...4-Wall...On Steps 7&8 Turn ¼ Right and Shuffle Left, no other changes needed.

SECTION 2: R TOE POINT TO SIDE, R LEG SWINGS IN FRONT OF LEFT X2; WEAVE, HEEL TOUCH

1, 2, 3, 4 R Toe Point to Side, R Leg Swings in Front of L; Repeat

5, 6, 7, 8 R Cross over L Foot, L Step to Side, R Cross Behind, L Heel Tap

NOTE: Arm movements in Section 2 & 3 are an option, but cute!

SECTION 3: L TOE POINT TO SIDE, L LEG SWINGS IN FRONT OF RIGHT X2; WEAVE, HEEL TOUCH

1, 2, 3, 4 L Point to Side, L Leg Swing in Front of R; Repeat

5, 6, 7, 8 L Cross Over R, R Step to Side, L Cross Behind R, R Heel Tap

SECTION 4: SYNC: R, L STEP FORWARD, HOLD, AND BACK, HOLD; OUT-OUT, HOLD, IN-IN, HOLD

&1, 2 Step Forward R, L Simultaneously (&1), Hold Count 2,

&3, 4 Step Back R, L Simultaneously (&3), Hold Count 4

&5, 6 Step Out R, L Simultaneously (&5) Hold Count 6

&7, 8 Step Together R, L Simultaneously (&7), Hold Count 8

NOTE: Full Count Option/AB's. Step R Forward L Follow, R Back L Follow, Step R Out, L Out, R In, L In

Note to Dancers: Line Dance success involves knowing Terminology and applying floor etiquette. Take Small Steps, and Choose your footwear carefully, solid foundations build happy bodies.

Woot! AB Series Dance #19! This song BPM is slow, so we are working with BALANCE today.

Our NEW steps are: Points with Leg Swings, Syncopated Forward/Close, Back/Close, Out-Outs/in-ins With Holds. As we age, BALANCE becomes our stronghold on good health.

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