

AB Know Them Backroads

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 1 级数: Absolute Beginner / Beginner
编舞者: Janet Cummings (USA) - April 2020
音乐: Back to Them Backroads (feat. Jimmie Allen) - Colt Ford : (Album: We The People Vol. 1)



No Tags or Restarts - 1/4 wall

Intro: 16 Count

SECTION 1: R STEP TO SIDE, L FLICK, POINT, FLICK; L STEP TO SIDE, R FLICK, POINT, FLICK

1, 2, 3, 4 R Step to Side, L Flick (Bend Knee-Raise Foot), L Toe Point To Side, Flick

5, 6, 7, 8 L Step to Side, R Flick, R Toe Point to Side, R Flick

SECTION 2: R STEP FORWARD, L FOLLOW, SPLIT HEELS, CLOSE; L STEP FORWARD, R FOLLOW, SPLIT TOES, CLOSE

1, 2, 3, 4 R Step Forward, L Follow, On Balls of Both Feet - Spread Heels Apart, then Bring Back Together

5, 6, 7, 8 L Step Forward, R Follow, On Heels of Both Feet, Spread Toes Apart, then Bring Back Together

NOTE: Beginners...for fun...you can Double Heel Split, and Double Toe Split

SECTION 3: R STEP BACK, DOUBLE HIP BUMP, L STEP BACK DOUBLE HIP BUMP X2

1, 2, 3, 4 R Step Back, Bump Hips Twice, L Step Back, Bump Hips Twice

5, 6, 7, 8 R Step Back, Bump Hips Twice, L Step Back, Bump Hips Twice

NOTE: If you are not comfortable with Hip Bumps, Back up with Toe Struts (R, L, R, L)

SECTION 4: TRI ROCKER, R SKATE, L SKATE

1, 2, 3, 4, 5, 6 R Rock Forward, L Recover, R Rock to Side, L Recover, R Rock Back, Recover

7, 8 R Skate, L Skate

NOTE: For Beginners, Steps 7, 8: Turn ¼ Right, Skate R, Skate L. To End Dance Facing the Front, on the last Pattern do A Right Reverse Pivot, ½ Turn – See Video.

Woot, AB Series Dance #21! Our NEW Absolute Beginner steps are: Multiple Point/Flicks, and Toe Splits. Are you calling yourself a Line Dancer yet? Good job, keep pushing those boundaries. Remember, Line Dance success involves more than stepping onto a floor - learn the Terminology and floor etiquette. Safety is also paramount...use Small Steps, and choose your footwear carefully. Solid foundations build happy bodies. Thank you for sharing my journey, all glory to God.

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