

Doin 180

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 2 级数: Improver
编舞者: Donna Manning (USA) - January 2021
音乐: Doin' 180 - Eric Von : (Amazon and iTunes)



(1-8) Stomp, Heel-toe-heel, Stomp, Clap 3x (knee, hip, shoulder)

1, 2-3-4 Stomp L to L diagonal, move R to L moving heel, toe, heel towards the L
5, 6-7-8 Stomp R to R diagonal, clap hands 3x (styling - start at knee level, hip level, shoulder height)
(12:00 - body angled to 1:30)

(9-16) REPEAT 1st 8

(17-24) Cross Rocking Chair, Charleston

1,2,3,4 Rock L across the R, replace weight to R, rock back on the L, replace weight to R
5,6,7,8 Step L fwd, kick R to diagonal, step R back, touch L back (12:00)

(25-32) Weave, Cross, Bounce ½ R

1,2,3,4 Cross L over R, step R to R side, step L behind R, step R to R side
5,6,7,8 Cross L over R, on the balls of both feet bounce ½ R taking weight to L on count 8 (6:00)

(33-40) Side, Kick, Weave, Kick, Behind, Side

1,2,3,4,5 Step R to R side, kick L outside diagonal, step L behind R, R to R side, cross L over R
6,7,8 Kick R to outside diagonal, step R behind L, step L to L side (6:00)

the 4th time you start up front* replace count 8 with a TOUCH (touch L next to R) RESTART - you will be facing the back when it happens

(41-48) Back Rock, Recover, ½ Turn L, Pause, Back Rock, Recover, ½ Turn R, Together

1-2, &3-4 Rock back on R, recover to L as you make ½ turn L stepping back R, pause
5-6&7-8 Rock back on L, recover to R as you make ½ turn R, step back on L, bring R to L taking weight to R (6:00)

End of DANCE!!! Thanks so much! HAVE FUN!

Donna Manning - Donnaz.mkgal@gmail.com - 727-485-7448
www.marykay.com/dmanning4182