

The Same Boat

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Frank Heelan (IRE) - March 2021
音乐: Same Boat - Albin Lee Meldau



Sec 1: Side, rock recover, side, coaster step, step turn step, run, run, lunge.

1-2&3 Step right to right, rock left behind, recover to right, step left to left.
4&5 Step back on right, left together, forward right.
6&7 Step forward on left, pivot 3/8 right, (weight to right) step forward on left. (4.30)
8&1 Run forward right, left, lunge forward on right. (4.30)

Sec 2: Run, run, run, sailor ¼ rights, step lock step, rock recover, back.

2&3 Run back left, right, left.
4&5 Turn ¼ right, sweeping right behind left, step left to left, step forward right, (7.30)
6&7 Step forward left, lock right behind, step forward left.
8&1 Rock forward on right, recover to left, step back on right. (7.30)

Sec 3: Side rock, recover, cross, recover side cross, side turn, step, turn, turn, step.

2&3 Turn 1/8 left (6.00) rocking left to left, recover to right, press left over right turning body to Right diagonal.
4&5 recover to right, step left to left, press right over left, turning body to left diagonal.
6&7 Step left to left, recover to right turning ¼ rights, step forward left. (9.00)
8&1 Turn ½ left stepping back on right, turn ½ left stepping forward left, step forward right. (9.00)

Sec 4: Rock recover, step back, side rock, behind, side rock, behind, rock back recover.

2&3 Rock forward on left, recover to right, step back on left.
4&5 Rock right out to right, recover to left, step right behind.
6&7 Rock left out to left, recover to right, step left behind. (9.00)
8& Rock back on right, recover to left. (Turn ¼ left to face 6.00 and start again on 1)

Contact: heelanjohnl@gmail.com
