

Southern Nights

COPPER KNOB
BY REBECCA BLOWER

拍数: 32 墙数: 4 级数: Improver
编舞者: Rebecca Blower (UK) - April 2021
音乐: Southern Nights (Quickstep / 49 Bpm) - Ballroom Orchestra & Singers



Start after 16 counts...

SECTION 1: Walk forward x2 steps, shuffle side, walk back x2, shuffle side 1/4 turn)

1-2 Walk forward R,L,
3&4 Step R to R side, step L next to R, step R to R side (12:00)
5-6 walk back L, R,
7&8 Step L to L side, R next to L, L to L side turning 1/4 to L (09:00)

SECTION 2: Rock, Recover, Shuffle 1/2 turn, Rock, Recover, Coaster

1-2 Rock R forward, recover L,
3&4 Turn 1/4 R to R side (12:00), L next to R, R to right side turning 1/4 (03:00)
5-6 Rock L forward, recover R,
7&8 Step back L, R next to L, step L forward (03:00)

SECTION 3: Rock, Recover, Shuffle 1/2 turn, Rock, Recover, Coaster

1-2 Rock R forward, recover L,
3&4 Turn 1/4 R to R side (06:00), L next to R, R to right side turning 1/4 (09:00)
5-6 Rock L forward, recover R,
7&8 Step back L, R next to L, step L forward (09:00)

SECTION 4: Rock, Recover, Two turning shuffles (full turn), Rock back, Recover

1-2 Rock R forward, recover L,
3&4 Step R to R side side 1/4 turn (12:00), L next to right and R forward 1/4 turn (03:00)
5&6 Step L to L side turning 1/4 (06:00), R next to L and L back turning 1/4 (09:00)
7-8 Rock back R, recover L.

*** RESTART on wall 5 after 16 counts Do sections 1 and 2 then begin again.
Try lifting arms into a ballroom hold and add some swing and sway!

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