

Nimble Bimble (L/LTP*)

COPPER KNOB
BY STEPHENETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - May 2021
音乐: Travelers Paradise - The Cactus Blossoms



Note: No tags or restarts. Detroit Ballroom inspired, nimble, yet smooth, line or partner dance. Compact for crowded floors, or physical distancing. This dance is limited touch, and combined with a mask, this is a good dance for partners who want to reduce potential exposure to pathogens.

Starting Position: Side-by-side with both partners facing the starting wall. Follow is to the right of Lead. Right hands joined in front of Follow, with Follow's left arm around Lead's waist and resting near Lead's left hip. Lead's left arm slightly bent by left side. Shadow footwork throughout.

[1-8] BASIC UP / BASIC BACK

1-4 Basic Up: Step FWD on RF(1), hold (2), rock FWD on LF (3), recover on RF (4)

5-8 Basic Back: Step back on LF back (5), hold (6), rock back on RF (7), recover on LF (8)

VARIATION: Shuffle ½ turn L on 1&2. As a partner dance, leave hands low and Lead bends R arm behind own back. Rock back on LF and recover on RF for 3-4. Shuffle ½ turn R on 5&6, rock back on RF and recover on LF on 7-8.

TIP: Use verbal cues "shuffle ½ turn behind", and "shuffle ½ turn front" until body leads are mastered.

[9-16] BASIC UP / BASIC BACK WITH ¼ TURN R

1-4 Basic Up: Step FWD on RF (1), hold (2), rock FWD on LF (3), recover on RF (4)

5-8 Step LF back with slight turn R (5), hold (6), finish ¼ turn R and rock back on RF (7), recover on LF (8)

TIP: For the ¼ turn, Lead does a small rock step and Follow does a larger rock step to keep partners side-by-side.

[17-24] BASIC UP / SHUFFLE ½ TURN L OVER

1-4 Basic Up: Step FWD on RF FWD (1), hold (2), rock FWD on LF (3), recover on RF (4)

5&6 Shuffle ½ turn L (LRL)

7-8 Rock FWD on RF (7), recover on LF (8)

TIP: Lead stays connected to Follow's RH and raises R arm over own head during shuffle turn (5&6), and lowers arm in front on rock FWD (7). Prep for reverse action on recover step (8). Use verbal cues if that is helpful.

[25-32] SHUFFLE ½ TURN R BACK / BASIC BACK

1&2 Shuffle ½ turn R (RLR)

3-4 Rock FWD on LF (3), recover on RF (4)

5-8 Basic Back: Step back on LF back (5), hold (6), rock back on RF (7), recover on LF (8)

TIP: Lead stays connected to Follow's R hand and raises R arm over own head during shuffle turn (1&2), and lowers arm in front on rock FWD (3). No prep needed on recover step (4).

[33-40] KICK CURL STEP ROCK RECOVER / SHUFFLE BACK ROCK RECOVER

1&2 Slight turn R (1/8th) and quick, low kick of RF across LF (1), quick curl (hook) RF across L shin (&), step FWD on RF (2)

3-4 Rock FWD on LF (3), recover on RF (4)

5&6 Shuffle back (LRL)

7-8 Square up with a slight turn L (1/8th) and rock back on RF (7), recover on LF with slight turn (1.8th) to L (8)

VARIATION: Step LF back (5), drag RF to LF (6), tap R heel three times (7&8)

[41-48] KICK CURL STEP ROCK RECOVER / SHUFFLE BACK ROCK RECOVER

1&2 Quick, low kick of RF across LF (1), quick curl (hook) RF across L shin (&), step FWD on RF (2)

3-4 Rock FWD on LF (3), recover on RF (4)

5&6 Shuffle back (LRL)

7-8 Square up with a slight turn R (1/8th) and rock back on RF (7), recover on LF (8)

VARIATION: Step LF back (5), drag RF toward LF (6), tap R heel three times (7&8)

START OVER

* LTP = Limited-Touch Partner dance.

Watch for a series of LTP dances to be submitted to Copperknob over the next few months.

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