

Heading For A New Life

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Daisy Simons (BEL) - June 2021
音乐: Heading for a New Life - DAWN The Duet



Intro: 16 counts. No tags or restarts !

STEP FWD, HITCH, COASTERSTEP, HEEL GRIND 1/4 TURN R, SHUFFLE BACK

1-2 Step Right forward, hitch Left knee
3&4 Step Left back, step Right next to Left, step Left forward
5-6 Dig Right heel forward, ¼ turn right recover weight to Left (3:00)
7&8 Step Right back, step Left next to Right, step Right back

ROCK BACK, RECOVER, KICKBALL TOUCH, CROSS, SIDE, BEHIND-SIDE-CROSS

1-2 Rock Left back, recover weight to Right
3&4 Kick Left forward, step Left next to Right, touch Right to right side
5-6 Cross Right over Left, step Left to left side
7&8 Cross Right behind Left, step Left to left side, cross Right over Left

SIDE ROCK, RECOVER, CROSS SHUFFLE, HINGE 1/2 TURN L, SHUFFLE FORWARD

1-2 Rock Left to left side, recover weight to Right
3&4 Cross Left over Right, step Right to right side, cross Left over Right
5-6 ¼ turn left stepping Right back, ¼ turn left stepping Left to left side (9:00)
7&8 Step Right forward, close Left next to Right, step Right forward

ROCK FORWARD, RECOVER, OUT-OUT, STEP BACK, SHUFFLE BACK, SHUFFLE 1/2 TURN L

1-2 Rock Left forward, recover weight to Right
&3-4 Step Left to left side (out), step Right to right side (out), step Left back
5&6 Step Right back, step Left next to Right, step Right back
7&8 ½ turn left stepping Left forward, step Right next to Left, step Left forward (3:00)

Start again.

Contact: simons.daisy@telenet.be
