

Keep It Low

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sebastiaan Holtland (NL) - September 2021
音乐: Keep It Low - Martis : (New Single 2021)



Introduction: 32 counts, start approx 18 sec.

Sequence: 32, 32, 32, 32, 32, 8, Restart, 32, 32, 32 ending.

Part 1. [1-8] Walks in Place R, L, Side Point R, Together, Walks in Place L, R, Side Point L, Together.

1,4 Walk Rf in place (1), Walk Lf In place (2), Point Rf out to R (3), Step Rf beside Lf (4).

5,8 Walk Lf In place (5), Walk Rf in place (6), Point Lf to L (7), Step Lf beside Rf (8).

(NB: Restart here in wall 6 after 8 counts, after start again 3 o'clock).

Part 2. [9-16] Rocking Chair R, ½ Shuffle Turn L, Back Rock L.

1,4 Rock Rf fwd (1), Recover back onto Lf (2), Rock Rf back (3), Recover back onto Lf (4).

5&6 ½ Shuffle turn L (6.00) R, L, R (5&6).

7,8 Rock Lf back (7), Recover back onto Rf (8).

Part 3. [17-24] L Side, R Together, L Big Step Fwd, Knee Lift R, R Side, Touch L Together R, L Step with ¼ Turn L, R Scuff Fwd.

1,4 Step Lf to L (1), Step Rf beside Lf (2), Step Lf big fwd (3), Lift R knee up (4).

5,8 Step Rf to R (5), Touch Lf beside Rf (6), Make ¼ turn L (3.00) step Lf fwd (7), Scuff R heel fwd (8).

Part 4. [25-32] Fwd Coaster Step R, Hook L Across R, L Step, Side Rock R, R Dixie Kick Fwd.

1,4 Step Rf fwd (1), Step Lf beside Rf (2), Step Rf back (3), Hook Lf in front off R knee (4).

5,8 Step Lf fwd (5), Rock Rf to R (6), Recover back onto Lf (7), Dixie kick Rf fwd to front (8).

REPEAT DANCE AND HAVE FUN!!

Dance edit, email: smoothdancer79@hotmail.com