

Dance Like Fred Astaire

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Myra Harrold (SCO) - February 2022
音乐: Long Tall Glasses (I Can Dance) - Leo Sayer



SECT:1 SIDE,BEHIND,SIDE,HEEL,STEP,HEEL,BACK,POINT

1,2,3,4 Rf To R,Lf Behind Rf,Rf To R,Dig L Heel Fwd Diagonal L (12)
5,6,7,8 Close Lf To Rf,Dig R Heel Fwd Diagonal R,Rf Back ,Point Lf To L (12)

SECT:2 FWD,POINT,1/2 POINT,CROSS ROCKING CHAIR

1,2,3,4 Lf Fwd,Point Rf To R,Turn 1/4 R,Rf Fwd,Pivot 1/4 R,Point Lf To L, (6)
5,6,7,8 Cross Rock Lf Over Rf,Recover To Rf,Rock Lf Back Diagonal L* Recover To Rf (6)

SECT:3 CROSS,1/2 HINGE,CROSS,DIP,PUSH,DIP,PUSH

1,2,3,4 Cross Lf Over Rf,Turn 1/4 L,Rf Back,Turn 1/4 L,Lf To L,Cross Rf Over Lf (12)
5,6,7,8 Dip Lf To L,Straighten Up And Push Body Over To L**Dip Rf To R,Straighten Up And Push
Body Over To R (12) (Smooth Bounces To L & R)

SECT:4 BACK,SWEEP,BACK,SWEEP 1/4,ROCK BACK,RECOVER,FWD,TOUCH

1,2,3,4 Lf Back,Sweep Rf,Rf Back,Sweep Lf Into Pivot 1/4 L (9)
5,6,7,8 Rock Lf Back,Recover To Rf,Lf Fwd,Touch R Toe To Lf (9)

SECT:5 RUMBA BOX ,SCUFF

1,2,3,4 Rf To R,Close Lf To Rf,Rf Back,Touch L Toe To Rf (9)
5,6,7,8 Lf To L,Close Rf To Lf,Lf Fwd,Scuff Rf Fwd (9)

SECT:6 FWD,TAP HEELS 1/2 TURN,FWD,1/2, STEP TOGETHER

1,2,3,4 Rf Fwd,Tap Heels 3 Times Turning 1/2 L ,Weight To Lf (3)
5,6,7,8 Rf Fwd.Pivot 1/2 L,Weight To Lf,Rf Fwd,Close Lf To Rf (9)

***Restart Wall 4 = Dance To Sect:2,Count 7,Touch Rf To Lf,Restart 9 O.Clock**

Tag: End Of Wall 5 = 7 Counts - Fwd Point,Back Point,Knee In,Out,In

1 - 7 Rf Small Step Fwd,Point Lf To L,Lf Small Step Back,Point Rf To R,R Knee In,Out,In

****Restart Wall 6 = Dance To Sect:3,Count 6,Step Rf To R,Close Lf To Rf,Restart 6 O.Clock**

Sequence Of Dance = 48,48,48,16 ,48,Tag,24,48,48,48