

Like The Shadows On The Wall

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Help Me Make It Through the Night - Kris Kristofferson



Intro: 8 Counts No Tags

SEC 1. Cross Point Fwd. and Back

1-4 Step R fwd. Point L to L side, Step L fwd. Point R to R side
5-8 Step R back, Point L to L side, Step L back, Point R to R side

SEC 2. Jazz Box, 1 in Place, 1 Turning to R

1-4 Step R over L, Step back on L, Step on R, Step on L
5-8 Step R over L, Step back on L turning ¼ R, step on R, Step on L

SEC 3. Hip Sways, Basic Step R, Repeat Going L

1-4 Step R to side, Sway hips R/L/R, Touch L to R
5-8 Step L to side, Sway hips L/R/L, Touch R to L

SEC 4. Step R Fwd. Turn ½ L, Step on L, Repeat Once More

1-4 Step R fwd. Turn ½ to L, Step on L, Step fwd. R/L
5-8 Step R fwd. Turn ½ to L, Step on L, Step R, Step on L

(To make it easier for beginners, on section 4, you can walk R/L/R Fwd. Step back on L, Step back on R/L/R, step L fwd.)

That's It! Enjoy and Let me know if you like it! mygeo@adamswells.com

All my routines are based on AB or beginner dancers. No turning vines or spins, no tripping steps, just easy going moves. Routines that anybody can do. I feel that some of the beginner routines scare some of the new dancers off. This way, they can work into the routines easy and understand them better. Some of mine are a little fast, but should be easy for beginners once they feel comfortable with the steps. Georgie

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