

AB Baby

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Liz Atkinson (USA) - August 2022
音乐: Everybody Loves My Baby - Catherine Russell, Lee Hudson, Matt Munisteri & Mark Shane



Created for my Absolute Beginner class to teach the Lindy step.

16 count introduction

No Tags/No Restarts

S1: POINT FWD, POINT SIDE, CHA CHA CHA, POINT FWD, POINT SIDE, CHA CHA CHA

1, 2 Point RF fwd, point RF to R side
3 & 4 Cha-cha in place RF-LF-RF
5, 6 Point LF fwd, point LF to L side
7 & 8 Cha-cha in place LF-RF-LF (12:00)

***More experienced dancers may prefer to do a coaster step rather than a cha cha step**

S2: CHARLESTON STEP X2

1, 2 Step RF fwd, kick LF fwd
3, 4 Step LF back, tap RF back
5, 6 (repeat) Step RF fwd, kick LF fwd
7, 8 Step LF back, tap RF back (12:00)

S3: LINDY R, LINDY L

1 & 2 (Chasse R) Step RF to R side, step LF beside RF, step RF to R side
3, 4 Rock onto LF behind RF, recover RF
5 & 6 (Chasse L) Step LF to L side, step RF beside LF, step LF to L side
7, 8 Rock onto RF behind LF, recover LF (12:00)

S4: 1/4L LINDY R, LINDY L

1 & 2 Turning ¼L (chasse R) step RF to R side [9:00], step LF beside RF, step RF to R side
3, 4 Rock onto LF behind RF, recover RF
5 & 6 (Chasse L) Step LF to L side, step RF beside LF, step LF to L side
7, 8 Rock onto RF behind LF, recover LF (9:00)

Contact: info@LizAtkinsonDance.com
Asheville, NC, USA