

Let's All Unwind

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Pat Newell (USA) - December 2022
音乐: Down On the Corner - Mavericks



In - 16 +32 to begin on lyrics

OUT OUT, IN IN (2 times)

1-4. Step R fwd and slightly R, step L fwd and slightly L, Step R back, step L back
5-8 Step R fwd and slightly R, step L fwd and slightly L, step R back and step L back

RIGHT VINE WITH HIPS BUMPS, LEFT VINE WITH HIT BUMPS

1-4 Step R to R, L behind R, R to R, touch L beside R
5-8 Bump hips L,R,L,R

LEFT VINE WITH HIP BUMPS, (TURNING 1/4 L on count 4) 9:00

1-4 Step L to L, R behind L, L to 1/4 L (9:00) touch R
5-8 Bump hips R, L, R, L

ROCKING CHAIR

1-4 Rock fwd on R, recover on L, rock back on R, recover on L
5-8 Rock fwd on R, recover on L, rock back on R, recover on L

DANCE FOR THE HEALTH OF IT
