

Alone Too Long

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Pat Newell (USA) - 8 August 2023
音乐: You Need a Man Around Here - Brad Paisley



Senior Starter Series

#20 in count

Teaching: Jazz Box, vines, triple steps, 1/4 pivots

TWO RIGHT JAZZ BOXES

1-4 R over L, step back on L, step on R, step fwd on L

5-8 R over L, step back on L, step on R, step fwd on L

RIGHT VINE STEP ACROSS, TRIPLE RIGHT, ROCK REC

1-4 Step R to R, L behind R, step R to R, step L across R

5&6 7-8 Triple R, L, R, rock back on L, recover on R

LEFT VINE STEP ACROSS, TRIPLE LEFT, ROCK REC

1-4 Step L to L, R behind L, step L to L, step R across L

5&6 7-8 Triple L, R, L, rock back on R, recover on L

2 TRIPLES FWD 2 1/4 PIVOTS LEFT 6:00

1&2 3&4 Triple fwd RLR, LRL

5-8 Step fwd on R, 1/4 pivot L, step fwd on R, 1/4 pivot L 6:00

Choreographed by Pat Newell - 8-8-23

DANCE FOR THE HEALTH OF IT
