

Doing The Best That We Can

COPPER **NOB**
BY STEPHEN T. R.

拍数: 32 墙数: 4 级数:
编舞者: Dorothy Michaels (USA) - October 2023
音乐: A Good Hearted Woman - LeAnn Rimes



S1. ROCK. RECOVER. SHUFFLE X2

1. Rock fwd onto right foot.
2. Recover back onto left foot.
- 3&4 shuffle backwards. RLR
5. Rock backwards onto left foot
6. Recover fwd onto right foot.
- 7&8 shuffle fwd LRL.

S2 [2] ROCKING CHAIRS $\frac{1}{8}$ $\frac{1}{8}$ = $\frac{1}{4}$ turn

1. Rock fwd onto R foot making $\frac{1}{8}$ turn left.
2. Recover back onto L
3. Rock back onto right foot.
4. Recover fwd onto left foot.
5. Rock fwd onto R foot making $\frac{1}{8}$ turn left.
6. Recover back onto L
7. Rock back onto right foot.
8. Recover fwd onto left foot.

S3. OUT. BEHIND. SIDE SHUFFLE X2

- 1.2. R side step R. L step side behind R
- 3&4 R side shuffle. RLR
- 5.6 L side step L. R side step behind L
- 7&8 L side shuffle LRL

S4. [2] KICK BALL CHANGE [2] HALF TURN PIVOTS

- 1&2 R foot kick. R step. L step in place
- 3&4 R foot kick. R step. L step in place
- 5.6 R foot step fwd. $\frac{1}{2}$ turn pivot onto L.
- 7.8 R foot step fwd. $\frac{1}{2}$ turn pivot onto L.

Begin again. No restarts. Enjoy.

Inspired by Linda Tripp dance. more symmetry was needed for my beginners