

ABC Beg

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Britt Beresik (USA) - November 2023
音乐: ABC (N2N & Andie Roy Remix) - Jackson 5



#16 count Intro, starts after the double-clap (yes you can clap twice)

**2 Tags, No Restarts

[1-8] R Shuffle Fwd, Rock, Recover, L Shuffle Back, Rock Recover

1&2 Step R fwd, Step L next to R, Step R fwd
3-4 Rock L fwd, Recover R
5&6 Step L back, Step L next to R, Step L back
7-8 Rock R back, Recover L [12:00]

[9-16] 3 X Hip Bump-Toe Struts, Rock Recover

1&2 Touch R toe fwd, bumping hip right(1), bump hip left (&), bump hip right, stepping down onto R(2)
3&4 Touch L toe fwd, bumping hip left(3), bump hip right(&), bump hip left, stepping down onto L(4)
5&6 Touch R toe fwd, bumping hip right(5), bump hip left (&), bump hip right, stepping down onto R(6)
7-8 Rock L fwd, Recover R [12:00]

[17-24] L Coaster, ¼ Pivot L, 2 X Cross Point

1&2 Step L back, Step R next to L, Step L fwd
3-4 Step R fwd, ¼ turn L taking weight onto L [9:00]
5-6 Cross R over L, Point L toe to left side
7-8 Cross L over R, Point R toe to right side [9:00]

[25-32] Weave to L, 2 x ¼ Pivot L

1-4 Cross R over L, Step L to left side, Cross R behind L, Step L to left side
5-6 Step R fwd, ¼ turn L taking weight onto L [6:00]
7-8 Step R fwd, ¼ turn L taking weight onto L [3:00]

Repeat from beginning

TAG after Wall 3 [facing 9:00] and Wall 9 [facing 3:00]:

1-3 Step R to right side with Clockwise Hip Roll
4 Take weight on L with a R Flick back

This dance is the Beginner Version! For the Improver version (same dance with "improved" moves), please check out ABC IMP. As always, feel free to embellish with your own variations as well, or do a mixture of the 2 dances.

Thank you Diane for the idea! I'm doing this for all my growing Beginners, so you can go from a BEG to an IMP!

Britt Beresik with Cross The Line Dancing-Houston

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Last Updated: 10/18/2023