

Lanigan's Ball

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Darren Tubridy (UK) & David Sinfield (UK) - January 2024
音乐: Learning To Dance (Lanigan's Ball) - Chasing Abbey : (iTunes, Amazon music)



#32 count intro

POINT FORWARD, SIDE, SAILOR STEP, POINT FORWARD, SIDE, SAILOR STEP

- 1-2. Point R toe forward, point R toe to R side
- 3&4. Cross R behind L, step L to L, step R to R
- 5-6. Point L toe forward, point L toe to L side
- 7&8. Cross L behind R, step R to R, step L to L

(Restart here on wall 5)

ROCK FORWARD, SHUFFLE ½ TURN PIVOT ½ TURN, STEP CLAP, CLAP

- 1-2. Rock forward on R, recover weight onto L
- 3&4. Shuffle ½ turn rightstepping R-L-R
- 5-6. Step forward L, pivot ½ turn R
- 7&8. Step forward L, Clap hands twice

(Restart dance here on wall 2)

SIDE ROCK, CROSS SHUFFLE, HINGE ½ TURN, SIDE ROCK

- 1-2. Rock R out to R side, replace weight onto L
- 3&4. Cross R over L, Step L to L side, cross R over L
- 5-6. On the ball of L spin ¼ turn R, on the ball of R spin ¼ turn R
- 7-8. Rock L out to L side, replace weight onto R

HEEL SWITCHES ¼ TURN, STEP, STOMP, STOMP, HEEL DROPS

- 1&. Touch L heel forward, step L down turning 1/8 turn R
- 2&. Touch R heel forward, step R down turning 1/8 turn R
- 3&. Touch L heel forward, step L down
- 4&. Touch R heel forward, step R down
- 5-6. Stomp L slightly L, stomp R slightly R
- 7&8. Stomp L beside R, Raise both heels up, drop both heels (keeping weight onto L)

Last Update: 4 Jan 2024