

Not in these Boots

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Laura Rittenhouse (AUS) - January 2024
音乐: Not In These Boots - Natalie Pearson



Start after 16 beats

S1: WALK FWD R, L, SHUFFLE FWD ON R; TURN ¼ R WITH SIDE ROCKS, CROSS SHUFFLE R

1,2,3&4 Walk R fwd, Walk L fwd, Shuffle fwd R, L, R

5,6,7&8 Turn ¼ R rocking on L (3:00), Recover on R, Cross Shuffle L over R (L, R, L)

S2: LINDY SHUFFLE R, TURN ¼ R WITH LINDY SHUFFLE L

1&2,3,4 Step R to R, Step L beside R, Step R to R, Cross rock L behind R, Recover on R

5&6,7,8 Step L to L, Step R beside L, Step L to L, Turning ¼ R cross rock R behind L (6:00), Recover on L

S3: DOUBLE TIME LOCK FWD R&L; ROCKING CHAIR

1&2,3&4 Step R fwd, Lock L behind R, Step R fwd; Step L fwd, Lock R behind L, Step L fwd

5,6,7,8 Rock fwd on R, Recover on L, Rock back on R, Recover on L

S4: K CLAP WITH ¼ TURN R

1,2,3,4 Step R forward at R diagonal, Touch L beside R & clap, Step L back at L diagonal, Touch R beside L & clap

5,6,7,8 Turning 1/4 R step R back at R diagonal (9:00), Touch L beside R & clap, Step L to L, Touch R beside L & clap

TAG: after wall 8 HOLD 4 counts (12:00)