

AB Sleepy Lion

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 1 级数: Absolute Beginner / Beginner
编舞者: Janet Cummings (USA) - February 2024
音乐: The Lion Sleeps Tonight - The Tokens
或: We Like To Party - Vengaboys



Intro: 32 Counts - No Tags or Restarts
***Alternate Track Choice...We Like To Party by Vengaboys

Start with Weight on Left...

SECTION 1: WALK FORWARD, BRUSH, WALK FORWARD, BRUSH; V

1, 2, 3, 4 R Walk Forward, L Brush, L Walk Forward, R Brush
5, 6 R Step Diagonally Forward, L Step Diagonally Forward
7, 8 R Step Back to Center, L Step Back to Center

SECTION 2: R DIAGONAL BACK, L TOUCH, L DIAGONAL BACK, R TOUCH; R DIAGONAL FORWARD, L TOUCH, L DIAGONAL FORWARD, R TOUCH

1, 2, 3, 4 R Step Diagonally Back, L Touch, L Step Back Diagonally, R Touch
5, 6, 7, 8 R Step Diagonally Forward, L Touch, L Step Diagonally Forward, R Touch

SECTION 3: RUMBA BOX BACK

1, 2 R Step to Side, L Follow
3, 4 R Step Back, L Touch
5, 6 L Step to Side, R Follow
7, 8 L Step Forward, R Touch

SECTION 4: TRI ROCKER, TWIST

1, 2 R Rock Forward, L Recover
3, 4 R Rock to Side, L Recover
5, 6 R Rock Back, L Recover
7, 8 Bring R foot Forward – then on Both Feet, Twist Left, then Twist Back to Center

NOTE: For Beginners +...to make this a 4-Wall dance, in Section 4 - stay in pattern for steps 1- 6, then turn ¼ Left, Sway Right (7), Sway Left (8). Begin with Section 1.

Have fun with this dance, it is # 28 in our AB Series...be a little sassy!

The oldie but goodie track comes from the Doo Wop Era, and is simple and uncomplicated. If you use the Alternate by the Vengaboys it is quicker and a lot of fun, still NO tags or restarts!

Thank you all for joining me on my blessed journey. Be safe and well everyone! I hope to see you on a dance floor somewhere...God bless.

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