

Going Mia

COPPER KNOB
STEPPERS

拍数: 41 墙数: 1 级数:
编舞者: Jim Ray (USA) - July 2024
音乐: MIA Down In MIA - George Strait



STEP LEFT FOOT TO THE LEFT

1 Step Left Foot To The Left

ROCK RIGHT FOOT BACK, SHIFT WT. FORWARD TO THE LEFT FOOT, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, ROCK LEFT FOOT FORWARD, SHUFT WT. BACK TO RIGHT FOOT, MOVE TO THE LEFT STEPPING LEFT, RIGHT TOGETHER, LEFT

1,2 Rock Right Foot Back, Shift Wt. Forward To Left
3&4 Shuffle Forward Right, Left, Right
5,6 Rock Left Foot Forward, Shift Wt. Back To Right Foot
7&8 Side Together Side Left, Stepping Left, Right Together, Left

ROCK RIGHT FOOT BACK, SHIFT WT. FORWARD TO LEFT FOOT, MOVE TO THE RIGHT STEPPING RIGHT, LEFT TOGETHER, RIGHT, CROSS ROCK LEFT OVER RIGHT, SHIFT WT. BACK TO RIGHT, MOVE TO THE LEFT STEPPING LEFT, RIGHT TOGETHER, LEFT

1,2 Rock Right Foot Back, Shift Wt. Forward To Left
3&4 Move To The Right Stepping Right, Left Together Right
5,6 Cross Rock Left Foot Over Right, Shift Wt. Back To Right
7&8 Move To The Left Stepping, Left, Right Together, Left

CROSS RIGHT OVER LEFT, A 1/4 LEFT, PIVOT A 1/2 TURN LEFT, TURN ANOTHER 1/4 TURN LEFT STEPPING RIGHT, LEFT, RIGHT, ROCK LEFT FOOT FORWARD, SHIFT WT. BACK TO RIGHT, SHUFFLE BACK LEFT, RIGHT, LEFT

1,2 Cross Right Over Left A 1/4 Turn Left, Step Left A 1/2 Turn Left
3&4 Turn Left A 1/4 Turn Stepping Right, Left, Right
5,6 Rock Left Foot Forward, Shift Wt. Back To Right
7&8 Shuffle Back Left, Right, Left

STEP RIGHT FOOT BACK A 1/4 TO THE LEFT, STEP LEFT FOOT A 1/4 TO THE LEFT, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, ROCK LEFT FOOT FORWARD, SHIFT WT. BACK TO RIGHT, SHUFFLE BACK LEFT, RIGHT, LEFT

1,2 Step Right Foot Back A 1/4 Left, Step Left Foot A 1/4 Left
3&4 Shuffle Forward Right, Left, Right
5,6 Rock Left Foot Forward, Shift Wt. Back To Right
7&8 Shuffle Back Left, Right, Left

STEP RIGHT FOOT BACK A 1/4 TO THE LEFT, STEP LEFT FOOT A 1/4 TO THE LEFT, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, ROCK LEFT FOOT FORWARD, SHIFT WT. BACK TO RIGHT, COASTER STEP LEFT, RIGHT TOGETHER, LEFT FORWARD, STEP RIGHT

1,2 Step Right Foot Back A 1/4 To The Left, Step Left A 1/4 Left
3&4 Shuffle Forward Right, Left, Right
5,6 Rock Left Foot Forward, Shift Wt. Back To Right
7&8 Coaster Step, Back Left, Right Together, Left Forward
& Step Right Forward

(START OVER)