

Boss Lady

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Angie McKittrick (USA) & Sue Korek (USA) - 15 September 2024
音乐: Shakin' All Over - The Guess Who
或: Dancing In the Street - Martha Reeves & The Vandellas



Alternate Music:

Dancing in the Street by Martha Reeves and the Mandellas (31 July 1964) Intro: 16 counts, bpm=126

One Night by #1Nite (15 May 2012) Intro: 32 counts, bpm=126

Introduction: 24 counts

SECTION 1 (TWO STEP SCUFFS, ONE ROCKING CHAIR)

1-2 Step R forward, scuff L
3-4 Step L forward, scuff R
5-6 Rock R forward, recover on L
7-8 Rock R back, recover on L

SECTION 2 (FOUR BACK TOUCHES ZIGZAG)

1-2 Step R back diagonally, touch L beside right
3-4 Step L back diagonally, touch R beside left
5-6 Step R back diagonally, touch L beside right
7-8 Step L back diagonally, touch R beside left

SECTION 3 (MONTANA/CHARLESTON, 1/4 TURN RIGHT, MONTANA/CHARLESTON)

1-2 Step R forward, kick L forward
3-4 Step L back, touch R back
5-6 1/4 turn right step R, kick L forward
7-8 Step L back, touch R back

SECTION 4 (TWO CROSS POINTS FORWARD, TWO CROSS POINTS BACK)

1-2 Cross R over L, point L out
3-4 Cross L over R, point R out
5-6 Cross R behind L, point L out
7-8 Cross L behind R, point R out

This dance provides another good mix of AB steps!

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