

Eleanor Rigby

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kusnadi Noviar (INA) - November 2024
音乐: Eleanor Rigby - Blues Beatles



No Tag, No Restart

Intro: 8 count

Start on Lyric / Vocal / Word "Ah"

#1 BALANCE STEP, TRIPLE STEP BCKWD, CAMEL WALKS BACK x4

1-2 Rock RF forward, recover LF (balancing the body fwd)
3&4 Step RF bckwd, back step LF next to RF, step RF bckwd
5-6 Step back on LF-popping R knee, Step Back on RF-popping L knee
7-8 Step back on LF-popping R knee, Step Back on RF-popping L knee

#2 1/8 L-TURN, SKATE L, TOUCH, 1/4 R-TURN, DIAG R FWD TRIPLE LOCK STEP, KICK BALL SIDE, SAILOR TURN

1-2 LF skate with 1/8 turn to L diagonal (10:30), RF touch next to the LF
3&4 1/4 turn to R- Step RF fwd diagonal (1,30), lock LF behind RF, diagonally RF fwd
5&6 Kicking LF forward diagonally R, drop LF next to RF-RF on ball, point RF tp R side
7&8 1/8 turn R-Step RF Cross behind LF, step LF beside RF, step RF to R side (3:00)

#3 KNEE POP/HEEL PUMP & CHASSE

1&2 Step LF a little fwd, Pop both knees- straighten knees (&2)
3&4 Step LF to L side, step RF beside RF, Step LF to L side
5&6 Step RF a little fwd, Pop both knees- straighten knees (&6)
7&8 Step RF to R side, step LF beside RF, Step RF to R side

#4 STEP FWD, PIVOT 1/2 TURN R, FWD SHUFFLE, MAMBO STEP R/L

1-2 Step LF forward, 1/2 turn to the R-RF fwd (9:00)
3&4 Step LF fwd, step RF next to LF, step RF fwd
5&6 Step RF to side , LF tap in place, RF close beside LF
7&8 Step LF to side , RF tap in place, LF close beside RF

Passions, Healthy and Happy Dance

Happy Dancing!

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Last Update: 30 Nov 2024