

Ob-la-di

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Alice Price (UK) - December 2024
音乐: Ob-La-Di ,Ob-La-Da - Mr Cowboy



****2 restarts**

#32 count intro

Section 1: Heels x4 moving forward

1,2,3,4 RF heel forward crossing over LF, recover RF next to LF, LF heel forward crossing over RF, recover LF next to RF

1,2,3,4 RF heel forward crossing over LF, recover RF next to LF, LF heel forward crossing over RF, recover LF next to RF

Section 2: Touch, kick shuffle backwards x2

1,2,3,&,4 RF touch toe forward, kick RF forward, step back on RF, step LF next to RF, step back onto RF

1,2,3,&,4 LF touch toe forward, kick LF forward' step back onto LF, step RF next to LF, step back onto LF

Section 3: kicks (or step touches), 4 x swivels

1,2,3,4 kick RF across front of LF, step RF next to LF, kick LF across front of RF, step LF next to RF

1,2,3,4 swivel R feet together, swivel L feet together, swivel R feet together, swivel L feet together

Section 4: step touches, 1/4 turn paddles to Left

1,2,3,4 step R with RF, touch LF next to RF, step L with LF, touch RF next to LF

1,2,3,4 with your weight on the LF touch RF out slightly to the R, and push the RF to the ground turning 1/8 L. Repeat

****2 restarts on wall 4 and wall 9 after 16 counts**
