

Man Of Constant Sorrow

COPPERKNOB
STEPPERS

拍数: 136 墙数: 2 级数: Improver line/contra dance
编舞者: Jackie Fritts (USA) & Paula Hise (USA)
音乐: I Am a Man of Constant Sorrow - The Soggy Bottom Boys



- 1-4 Two heel splits
5-8 Knee splits
- 1-4 Right heel forward, right heel hook, right heel forward, right step
5-8 Left heel forward, left heel hook, left heel forward, left step
- 1-8 Right jazz box, two knee splits
1-8 Right jazz box, two knee splits
- 1-8 Two right Charlestons (attitude: lean back with forward steps)
1-4 Right vine with $\frac{1}{4}$ turn right
5-8 Knee splits
- 1-4 Left heel forward, left heel hook, left heel forward, left step
5-8 Right heel forward, right heel hook, right heel forward, right step
1-8 Left jazz box, two knee splits
1-8 Left jazz box, two knee splits
- 1-8 Two left Charlestons (attitude: lean back with forward steps)
1-4 Vine left with $\frac{1}{4}$ turn left
5-8 Knee splits
- Lean back on forward steps using attitudes, hands on hips, elbows extended for following 32 counts**
- 1-4 Right step, left forward, left back, left step
5-8 Right jazz box with $\frac{1}{4}$ turn right
- 1-4 Right step, left forward, left back, left step
5-8 Right jazz box with $\frac{1}{4}$ turn right
- 1-4 Right step, left forward, left back, left step
5-8 Right jazz box with $\frac{1}{4}$ turn right
- 1-4 Right step, left forward, left back, left step
5-8 Right jazz box with $\frac{1}{4}$ turn right (back to original position)
- 1-4 Step right, slide left, step right, touch left
5-8 Step left, slide right, step left, slide right
1-4 Two knee splits
5-8 Step right forward, (small steps) turn $\frac{1}{4}$ left, step right forward, turn $\frac{1}{4}$ left

REPEAT