

Midway

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Dee Cresdee (CAN)
音乐: Life Is a Rollercoaster - Ronan Keating



HIP SWAYS, RIGHT, LEFT, RIGHT, LEFT, COASTER STEP, STEP FORWARD, HOLD

1-4 Step right forward on slight diagonal and sway hips forward, back forward, back on same diagonal
5&6 Step right back, step left beside right, step right forward
7-8 Step left forward, hold

¼ PIVOT TURN LEFT, RIGHT CROSS-SHUFFLE, STEP BACK, STEP SIDE, TOUCH, KICK FORWARD

1-2 Step right forward, ¼ turn left, weight on left
3&4 Cross step right over left, step left to left side, cross step right over left
5-6 Step left back, step right to right side
7-8 Touch left toe beside right foot, kick left forward

LEFT SHUFFLE BACK, RIGHT SHUFFLE BACK, LEFT ROCK BACK, RECOVER, LEFT FORWARD, HOLD

1&2 Step left back, step right beside left, step left back
3&4 Step right back, step left beside right, step right back
5-6 Rock left back, recover weight on right
7-8 Step left forward, hold

RIGHT JAZZ BOX, TOUCH RIGHT: SIDE, CENTER, FRONT, CENTER

1-2 Cross step right over left, step left back
3-4 Step right to right side, step left beside right
5-6 Touch right toe to right side, touch right toe beside left foot
7-8 Touch right toe forward, touch right toe beside left foot

REPEAT
