

Movin On

COPPER KNOB
BY STEPHENETS

拍数: 72 墙数: 2 级数: Intermediate
编舞者: Lynda R. Moore (USA)
音乐: I'm Movin' On - Rascal Flatts



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- 1-12 Step forward diagonally crossing left foot over right then moving body back to the center, switch weight to the right foot then the left foot, repeat starting with the right foot, step back diagonally with left foot then move weight to right foot, then left, repeat starting with right foot
- 13-24 Step forward with left foot and point right toe to the side and pause, cross right foot over left and move left toe to the side and pause, step back with left foot pointing right toe, pause, repeat with right foot
- 25-36 Step forward with left foot turning $\frac{1}{2}$ turn to the left shoulder, step with right then left, step back with right foot and move weight to left then right, repeat last six counts, (this returns you to your beginning position,)
- 37-48 Step forward with left foot turning $\frac{1}{4}$ turn to left shoulder then back with right foot then left, step forward with left foot turning $\frac{1}{4}$ turn to left shoulder then back with right foot then left, (you are now facing opposite wall)
- 49-60 Step forward with left foot turning $\frac{1}{4}$ turn to right shoulder then step back with right foot then left, step forward with left foot turning $\frac{1}{4}$ turn to left shoulder then step back with right foot then left
- 61-72 Step forward with left foot turning $\frac{1}{2}$ turn to left shoulder then step back with right foot then left, repeat, (this puts you at new wall)

REPEAT
