

Natural Thing

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Natural Thing - Nancy Hays



ROCK STEP, CROSS, HOLD, ROCK STEP, CROSS, HOLD

1-2 Rock to the right side on right, recover on left foot in place
3-4 Cross the right foot over left, hold
5-6 Rock to the left side on left, recover on right foot in place
7-8 Cross the left foot over right, hold

ROCK FORWARD, STEP, ¼ TURN, HOLD, ¼ TURN/ROCK FORWARD, STEP TOGETHER, HOLD

1-2 Rock forward on the right foot, recover on left foot in place
3-4 ¼ turn right on ball of left foot and step on right, hold
5-6 Open another ¼ turn right on ball of right foot and rock forward on left foot, recover on right in place
7-8 Step left foot together with right, hold

TOE STRUT, TOE STRUT, TOUCH SIDE, FRONT, SIDE, CENTER

1-2 Touch right toe to right side, place heel and weight down on the right foot
3-4 Cross left toe over right foot, place heel and weight down on the left foot
5-6 Touch right foot to the right side, touch right foot front
7-8 Touch right foot to the right side again, touch right foot next to left

WALK, HOLD, WALK, HOLD, JAZZ BOX WITH A ¼ TURN

1-2 Walk forward right, hold
3-4 Walk forward left, hold
5-6 Begin jazz box by crossing right over left, step back on left foot
7-8 Open ¼ turn right and step on right, step left foot together with right

REPEAT
