

The Old Rugged Cross

COPPER KNOB
STEPPERS

拍数: 48 墙数: 0 级数:
编舞者: Chris Peel (UK)
音乐: The Old Rugged Cross - Brad Paisley



THE CROSS: LUNGING STEPS FORWARD, BACK, LEFT & RIGHT, WITH TOUCHES & HEEL LIFTS

1-3 Lunge left forward, touch right beside left, rise on toes of both feet
4-6 Lunge right back, touch left beside right, rise on toes of both feet
7-9 Lunge left to side, touch right beside left, rise on toes of both feet
10-12 Lunge right to side, touch left beside right, rise on toes of both feet

FULL TURN LEFT, VINE RIGHT, VINE LEFT, FULL TURN RIGHT

13-15 Full turn left stepping left, right left
16-18 Side step right, step left behind right, side step right
19-21 Side step left, step right behind left, side step left
22-24 Full turn right stepping right, left, right

¼ TURN LEFT, BASIC WALTZ STEP BACK, ½ TURN RIGHT, BASIC WALTZ STEP BACK

25-27 Step ¼ turn left, step right beside left, step left together
28-30 Step right back, step left beside right, step right together
31-33 Step left forward into ½ turn pivot left, step weight onto right beside left, step left together
34-36 Step right back, step left beside right, step right together

WEAVE INTO FULL TURN RIGHT, VINE INTO FULL TURN LEFT

37-39 Step left across right, side step right, step left behind right
40-42 Full turn right stepping right, left, right
43-45 Side step left, step right behind left, side step left
46-48 Full turn left stepping right, left, right

REPEAT
