

Postmarked

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数:
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音乐: Take a Letter, Maria - Doug Stone



SHUFFLE RIGHT, ROCK, RECOVER, SHUFFLE LEFT, ¼ ROCK, RECOVER

- 1 Step to right on right foot
- &2 Slide left foot next to right foot, step to right on right foot
- 3-4 Rock back on left foot, step forward on right foot
- 5 Step to left on left foot
- &6 Slide right foot next to left foot, step to left on left foot
- 7-8 Rock back on right foot stepping ¼ turn right, step forward on left foot

TOE, HEEL, TOE, HEEL, WALK FORWARD

- 9-10 Step forward on right toes, step down on right heel
- 11-12 Step forward on left toes, step down on left heel
- 13-14 Walk forward on right foot, walk forward on left foot
- 15-16 Walk forward on right foot, walk forward on left foot

TOUCH RIGHT, HOLD, TOUCH LEFT, HOLD, RIGHT, LEFT, RIGHT, HOLD

- 17-18 Touch right toes out to right side, hold
- & Step right beside left
- 19-20 Touch left toes out to left side, hold
- 21 Touch right toes out to right side
- &22 Step right foot next to left foot, touch left toes out to left side
- & Step left foot next to right foot
- 23-24 Touch right toes out to right side, hold

SAILOR SHUFFLES, HIP BUMPS

- 25&26 Cross right foot behind left foot
- &26 Step left foot next to right foot, step right foot to right
- 27 Cross left foot behind right foot
- &28 Step right foot next to left foot, step left foot to left
- 29-30 Step forward on right foot bumping hips right, bump hips left
- 31-32 Bump hips right, bump hips left, while kicking left foot back

REPEAT
