

Sexy Old Man

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver nightclub
编舞者: Bobby Joe Meadows (USA) & Barbara Brown (USA)
音乐: Trying So Hard - William Clarke



LINDY RIGHT, ROCK BACK, RECOVER, LINDY LEFT, ROCK BACK, RECOVER

1&2 Step right foot to right side, step together with left foot, step right foot to right side
3-4 Rock back with ball of left foot, replace weight forward to right foot
5&6 Step left foot to left side, step together with right foot, step left foot to left side
7-8 Rock back with ball of right foot, replace weight forward to left foot

LINDY RIGHT, ROCK BACK, RECOVER, LINDY LEFT, ROCK BACK, RECOVER

1&2 Step right foot to right side, step together with left foot, step right foot to right side
3-4 Rock back with ball of left foot, replace weight forward to right foot
5&6 Step left foot to left side, step together with right foot, step left foot to left side
7-8 Rock back with ball of right foot, replace weight forward to left foot

FORWARD SHUFFLES-ROCK-RECOVER

1&2 Shuffle forward right-left-right
3 Rock forward left
4 Rock back right
5&6 Shuffle back left-right-left
7 Rock back right
8 Rock forward left

FORWARD SHUFFLES-ROCK ¼ TURN LEFT STEP

1&2 Shuffle forward right-left-right
3 Rock forward left
4 Rock back right
5&6 Shuffle back left-right-left
7 Rock back right
8 Turn ¼ turn left step forward left

SHUFFLE FORWARD RIGHT, LEFT, RIGHT, LEFT RIGHT LEFT (2 TIMES):

1&2 Right, left, right
3&4 Left, right, left
5&6 Right, left, right
7&8 Left, right, left

SAILOR SHUFFLES

1&2 Step right crossed behind left, step left to left side, step right to right side
3&4 Step left crossed behind right, step right to right side, step left to left side
5&6 Step right crossed behind left, step left to left side, step right to right side
7&8 Step left crossed behind right, step right to right side, step left to left side

REPEAT