

Stroll-A-Lot (P)

COPPERKNOB
STEPSHEETS

拍数: 56 墙数: 0 级数: Partner
编舞者: Ardie Hues (USA)
音乐: Work In Progress - Alan Jackson



Position: Promenade position, both on same foot throughout

RIGHT STROLL WITH SCUFF, LEFT STROLL WITH SCUFF

1-4 Step forward right at angle, lock left behind right, step forward right, scuff left
5-8 Step forward left at angle, lock right behind left, step forward left, scuff right

RIGHT STROLL WITH ¼ TURN & TOUCH, SIDE STEP, TOUCH, SIDE STEP, TOUCH

9-12 Step forward right at angle, lock left behind right, step right with ¼ turn right, touch left beside right

Man will be behind lady both facing outside dance circle with hands at lady's shoulders

13-16 Step left side, touch right beside left, step right side, touch left beside right

MAN'S ½ TURN LEFT WITH LADY'S ½ TURN RIGHT ENDING WITH TOUCH

17-20 Step left, right, left, touch right beside left

Man will lift lady's left hand while lowering right hand, lady turn ½ turn right while man turns ½ turn left. Lady ends up behind man with hands resting on man's shoulders. Both are facing inside circle of dance

RIGHT STROLL TOWARD INSIDE OF CIRCLE WITH TOUCH, SIDE STEP, TOUCH, SIDE STEP, TOUCH

21-24 Step forward right at angle, lock left behind right, step forward right, touch left beside right(both will be moving toward inside of circle)

25-28 Step left side, touch right beside left, step right side touch left beside right

MAN'S ½ TURN LEFT WITH LADY'S ½ TURN RIGHT WITH TOUCH

29-32 Step left, right, left, touch right beside left

Man will lift lady's right hand while lowering left hand, lady turn's ½ turn right while man turns ½ turn left. Man ends up behind lady with hands resting on lady's shoulders. Both are facing outside circle of dance

RIGHT STROLL TOWARD OUTSIDE OF CIRCLE WITH TOUCH, SIDE STEP, TOUCH, SIDE STEP WITH ¼ TURN LEFT, TOUCH

33-36 Step forward right at angle, lock left behind right, step forward right, touch left beside right (both will be moving toward outside of circle)

37-40 Step left side, touch right beside, step right side while making ¼ turn left, touch left beside right (both will be back in original promenade position)

LEFT STROLL WITH SCUFF, RIGHT STROLL WITH SCUFF

41-44 Step forward left at angle, lock right behind left, step forward left, scuff right

45-48 Step forward right at angle, lock left behind right, step forward right, scuff left

SHUFFLE LEFT, SHUFFLE RIGHT, SHUFFLE LEFT, WALK, WALK

49&50 Step left, right, left

51&52 Step right, left, right

53&54 Step left, right, left

55-56 Walk forward right, walk forward left

REPEAT