

Just Right Two-Step (P)

COPPERKNOB
STEPPERS

拍数: 60 墙数: 2 级数: line/contra dance
编舞者: Mike Salerno (USA)
音乐: Meanwhile Back At The Ranch - Asleep At The Wheel



Position: Contra lines with men on same side facing women across. Man's steps described, lady's step are mirror image

TWO FORWARD TWO-STEP BASICS

1-2 Step left foot forward (quick), step right foot beside left foot (quick)
3-4 Step left foot forward (slow), hold
5-6 Step right foot forward (slow), hold
7-8 Step left foot forward (quick), step right foot beside left foot (quick)
9-10 Step left foot forward (slow), hold
11-12 Step right foot forward (slow), hold

SIDE, CROSS TWO-STEP WITH A ¼ TURN, FORWARD BASIC

13-14 Step left foot to left side (quick), cross/step right foot behind left (quick)
15-16 Step left foot to left side with ¼ turn left (slow), hold
17-18 Step right foot forward (slow), hold
19-20 Step left foot forward (quick), step right foot beside left foot (quick)
21-22 Step left foot forward (slow), hold
23-24 Step right foot forward (slow), hold

CROSS, BACK TWO-STEP, SIDE, CROSS TWO-STEP WITH ¼ TURN, FORWARD BASIC

25-26 Cross/step left foot in front of right foot (quick), step right foot backwards (quick)
27-28 Step left foot backwards (slow), hold
29-30 Step right foot backwards (slow), hold
31-32 Step left foot to left side (quick), cross/step right foot behind left (quick)
33-34 Step left foot to left side with ¼ turn left (slow), hold
35-36 Step right foot forward (slow), hold
37-38 Step left foot forward (quick), step right foot beside left foot (quick)
39-40 Step left foot forward (slow), hold
41-42 Step right foot forward (slow), hold

SIDE, CROSS TWO-STEP WITH A ½ TURN

43-44 Step left foot to left side (quick), cross/step right foot behind left (quick)
45-46 Step left foot to left side with a ½ turn left (slow), hold
47-48 Step right foot to right side (slow), hold

FORWARD TWO-STEP BASIC, FREE SPINNING 1 ½ BASIC

49-50 Step left foot forward (quick), step right foot beside left foot (quick)
51-52 Step left foot forward (slow), hold
53-54 Step right foot forward (slow), hold

Prepare for free spin by rotating upper body opposite direction of spin to generate torque. Man turns to the right. Upper body prepares to the left. Woman opposite.

55-56 Pivot ¼ turn to the right on left foot (quick), pivot ½ turn to the right on right foot (quick)
57-58 Pivot ½ turn to the right on left foot (slow), hold
59-60 Step right foot back with ¼ turn (slow), hold

REPEAT

