

The Carnforth Swing

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Derek Robinson (UK)
音乐: I Slipped and Fell In Love - Alan Jackson



RIGHT HEEL BALL CROSS, SIDE ROCK, CROSS SHUFFLE LEFT, ½ TURN RIGHT

1&2 Touch right heel forward, step right slightly back, cross left over right
3-4 Rock to right side on right, rock onto left in place
5&6 Cross right over left, step left to left side, cross right over left
7-8 Turn ½ right, stepping left, right

LEFT HEEL BALL CROSS, SIDE ROCK, CROSS SHUFFLE RIGHT, ¼ TURN LEFT

9&10 Touch left heel forward, step left slightly back, cross right over left
11-12 Rock to left side on left, rock onto right in place
13&14 Cross left over right, step right to right side, cross left over right
15-16 Turn ¼ turn left, stepping right, left

ROCK FORWARD RIGHT, ROCK FORWARD LEFT, STEP FORWARD RIGHT LEFT, PIVOT TURN

17-18 Rock forward on right, rock back on left
& Step right beside left
19-20 Rock forward on left, rock back on right
& Step left beside right
21-22 Step forward right, step forward left
23-24 Step forward right, pivot ½ turn left

STOMP FORWARD RIGHT & LEFT WITH HOLDS, MODIFIED VAUDEVILLE STEPS LEFT & RIGHT

25-26 Stomp forward right, hold
27-28 Stomp forward left, hold
&29 Step diagonally back right on right, touch left heel diagonally forward left
&30 Step left beside right, step right in place
&31 Step diagonally back left on left, touch right heel diagonally forward right
&32 Step right beside left, step left in place

Alternative steps for counts &29-32 (after stomp forward left, hold)

29-30 Touch right heel forward, step right beside left
31-32 Touch left heel forward, step left beside right

REPEAT
