

Mix It Up

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Maureen Jones (UK) & Michelle Jones (UK) - January 2007
音乐: The Juke Box Story - Jive Bunny & The Mastermixers : (CD: The Very Best Of Jive Bunny And The Mastermixers)



Intro: 32 counts

ALTERNATIVE MUSIC:

?Restless? by Shelby Lynne (143 bpm) CD: ?Linedance Fever 16? ? Intro: 24 counts

?Are You In It For Love? by Ricky Martin (132 bpm)CD: ?Sound Loaded??Intro: 32 counts

?Shirley? by Shakin? Stevens (152 bpm)CD: ?The Hits of Shakin? Stevens??Intro: 16 counts

REVERSE RHUMBA BOX WITH HITCHES

1-2 Step left to left, step right beside left
3-4 Step left back, hitch right
5-6 Step right to right, step left beside right
7-8 Step right forward, hitch left

VINE LEFT, HITCH, VINE ¼ TURN RIGHT, HITCH ¼ TURN

9-10 Step left to left, step right behind left
11-12 Step left to left, hitch right
13-14 Step right to right, step left behind right
15-16 Step right ¼ turn right, on ball of right make ¼ turn right and hitch left

ROCKING CHAIR, STEP, SCUFF, STEP, SCUFF

17-18 Rock left forward, recover onto right
19-20 Rock left back, recover onto right
21-22 Step left forward, scuff right forward
23-24 Step right forward, scuff left forward

ROCKING CHAIR, STEP, SCUFF, SHUFFLE

25-26 Rock left forward, recover onto right
27-28 Rock left back, recover onto right
29-30 Step left forward, scuff right forward
31&32 Step right forward, step left beside right, step right beside left

When dancing to Jive Bunny the dance finishes facing the back wall. Dance to count 32 then raise both arms above head for a fun finish.

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