

Mini Shadow

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Wanda Heldt (AUS) - January 2009
音乐: Shady Lady - Ani Lorak : (Eurovision 08)



Split floor: Weak In The Knees

Beginner dance for my Intermediate dance.. "In Your Shadow"

2 RIGHT KICK BALL CHANGES, SIDE SHUFFLE , BACK ROCK

1&2 Kick R fwd, step R in place, step L in place
3&4 Kick R fwd, step R in place, step L in place
5&6 Step R to R side, step L besides R, step R to R side
7-8 Rock back onto L, recover onto R

2 LEFT KICK BALL CHANGES, SIDE SHUFFLE, BACK ROCK

1&2 Kick L fwd, step L in place, step R in place
3&4 Kick L fwd, step L in place, step R in place
5&6 Step Left to Left Side, Step Right next to Left, Step Left to Left side
7-8 Rock back onto R, recover onto L,

HIPS R.L.R, HIPS L.R.L , 1/2 PIVOT LEFT, 1/4 PIVOT LEFT

1&2 Hip Bumps R.L.R travel slighty forward. with lots of Attitude
3&4 Hip Bumps L.R.L travel slightly forward. with lots of Attitude]
4-5 Step forward on Right, Pivot 1/2 turn Left
6-7 Step forward on Right, Pivot 1/4 turn Left. [Wt. on Left]

ROCK R & L. SAILOR STEPS, ROCK L & R SAILORS STEPS

1-2 Rock Right, Rock Left
3&4 Step Right behind Left, Step on Left, Step on Right
5-6 Rock Left, Rock Right
7&8 Step Left behind Right, Step on Right, Step on Left

Repeat... Have Fun - In life & In Dance

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