

My Shoes

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Jo Kinser (UK), John Kinser (UK), Ruben Luna (USA) & Judy McDonald (CAN) -
March 2010
音乐: My Shoes - Jordan Pruitt : (Single)



Start 16 counts in on the vocals (0:08)

Alt. Music: Why Don't We Just Dance Artist: Josh Tuner (BPM: 128) Start 32 counts in on the Vocals (0:16)

(1-8) Walk, Forward R,L, Anchor Step, Walk Back L,R, Touch L,R

1,2 Walk Fwd Rt, Lt
3&4 Step ball of Rt in Place, Step Lt across Rt, Step Rt Back
5,6 Walk back Lt, Rt

(Option: 5,6 Make 1/2 turn Lt (6:00) stepping Fwd on Lt, Make 1/2 Turn Lt (12:00) Stepping Back on Rt).

7&8& Touch Lt to Lt, Step Lt next to Rt, Touch Rt to Rt, Step Rt next to Lt

(9-16) Heel, Hold, & Turn, Step, Turn, Back, Back, Together

1,2 Present Lt Heel Fwd, Hold
&3,4 Step Lt next to Rt, Make 1/4 turn Rt (3:00) stepping Rt Fwd, Step Lt Fwd
5,6 Make 1/2 turn Lt (9:00) stepping Rt back, Step Lt Back

(Option: 6,7 Full turn over Lt shoulder)

7, 8& Step Rt back, Step Lt back, Step Rt next to Lt

(17-24) Step, Hold, & Lock Step, & Lock Step, Rock Recover, Walk Back L,R

1,2 Step Lt Fwd, Hold
&3,4 Lock Rt behind Lt, Step Lt Fwd, Step Rt Fwd
&5,6 Lock Lt behind Rt, Step Rt Fwd, Rock Fwd on Lt
7,8& Recover on Rt, Step Lt Back, Step Rt back

(25-32) Turn, Drag, Rock & Turn, Turn, Turn, Back, Rock Step

1,2 ¼ Turn Lt Step Lt to Side, Drag Rt Next To Lt
&3,4 Rock Rt behind Lt, Step Lt in place, Make 1/4 turn Rt (9:00) stepping Rt Fwd
5,6 Make 1/4 turn Rt (12:00) stepping Lt to Lt, Make 1/4 turn Rt (3:00) stepping Rt back
7,8& Step Lt back, Rock ball of Rt Back, Step Lt Forward

HAVE FUN

Co-choreographers: (01.10)

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