

Fortune Foxtrot

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: (Rise & Fall) Intermediate
编舞者: Jo Thompson Szymanski (USA) - March 2010
音乐: On A Slow Boat To China - Ronnie Dove : (CD: Beach, Boogie and Blues - Vol. 6)



Also: "Don't Cry On My Shoulder" by Sam Cooke, "More" by Nat King Cole, "Fly Me To the Moon" by Scooter Lee

TWINKLE, WHISK

- 1-2 Step L forward to R front diagonal (1), Hold (2).
- 3-4 Step R foot to R side (3), Step L to L front diagonal (4).
- 5-6 Step R forward to L front diagonal, starting to turn $\frac{1}{4}$ R (5), Hold, finishing $\frac{1}{4}$ turn R (6).
- 7-8 Step L foot to L side (7), Step R crossed tightly behind L, should feel like a lock (be sure to lower on this step bending knees slightly) (8).

(Note: if this is uncomfortable on the knees you could just step in place on count 8.)

QUICK FOXTROT WEAVE 6, CROSS ROCK, RECOVER

- 1-2 Step L across front of R (1), Step R to R side (2).
- 3-4 Turn $\frac{1}{4}$ L, step back with L (3), Step back with R (4).
- 5-6 Turn $\frac{1}{2}$ L, step forward with L (5), Turn $\frac{1}{4}$ L, Step R to R side (6).
- 7-8 Rock L forward across front of R (7), Replace weight back to R (8).

Non-turning option for the above 8 counts:

- 1-2 Step L across front of R (1), Step R to R side (2).
- 3-4 Step L behind R (3), Step R to R side (4).
- 5-6 Step L across front of R (5), Step R to R side (6).
- 7-8 Rock L across front of R (7), Recover back to R (8).

BACK, KICK, BEHIND, SIDE, FORWARD, KICK, BEHIND, SIDE

- 1-2 Step back with L to L back diagonal (1), Kick R forward to R front diagonal (2).
- 3-4 Step R crossed behind L (3), Step L to L side (4).
- 5-6 Step R across front of L (5), Kick L forward to L front diagonal (6).
- 7-8 Step L crossed behind R (7), Step R to R side (8).

CROSS, UNWIND SLOWLY, QUICK SWAY 4 (OPTIONAL TURN, SWAY 2)

- 1-4 Place L tightly across front of R (1), Slowly unwind 360 degrees R end weight on R (2-4).

Easier option: Point L across R (1), Step L to L (2), Point R across L (3), Step R to R (4).

- 5-6 Step L to L side (5), Shift weight R to R side (6).
- 7-8 Shift weight L to L side (7), Shift weight R to R side (8). (Use body sway on counts 5-8, lower body goes L when you step L, R when you step R, etc.)

Harder option: After the slow unwind on counts 1-4 you will be crossed R in front of L, leave feet where they are and turn L 360 degrees, end weight on R (5-6), Feet part, sway L, R (7-8).

Even harder option: Think double spin! Turn L 360 degrees, end weight on R (5), Spin L 360 degrees on R allowing L foot to stay crossed in front of R shin (6), Feet apart, sway L, R (7-8).

Styling note: Foxtrot should be danced with a Rise and Fall action similar to Waltz.

Start again from the beginning.