

Moving Forward

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Raw Beginner
编舞者: Shanthie De Mel (AUS) - August 2010
音乐: Move Baby Move - Johnny O'Keefe : (CD: Australian Pop of the 60's Vol. 2 - 2:28)



Begin: Wt on L. Intro 16 count. Start on vocals " Move Baby Move"

For split floors see Intermediate line dance "Poll Dance" to the same music.

On Polling Day Australian Federal Elections 2010, this dance is dedicated to the people of Oz!

TOE-STRUT BACK, TOE-STRUT BACK, SIDE, TOUCH, SIDE, TOUCH

1, 2 Step R toe back, drop R heel down
3, 4 Step L toe back, drop L heel down
5, 6 Step R to right side, touch L to R
7, 8 Step L to left side, touch R to L

HEEL, TOE, HEEL, HOLD, HEEL, LIFT, HEEL, LIFT

1, 2 Twist both heels to right side, twist both toes to right side
3, 4 Twist both heels to right side, hold
5,6,7,8 Step L heel diag fwd, lift L heel, step L heel diag fwd, lift L heel (9:00)

HEEL, TOE, HEEL, HOLD, HEEL, LIFT, HEEL, LIFT

1, 2 Twist both heels to left side, twist both toes to left side
3, 4 Twist both heels to left side, hold
5,6,7,8 Step R heel diag fwd, lift R heel, step R heel diag fwd, lift R heel (9:00)

PADDLE 1/8 LEFT X4

1,2,3,4 Step R fwd, pivot 1/8 left on L, step R fwd, pivot 1/8 left on L (9:00)
5,6,7,8 Step R fwd, pivot 1/8 left on L, step R fwd, pivot 1/8 left on L (6:00)
