

Keep On, Keeping On

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gerald Biggs (USA) - October 2010
音乐: Higher Ground (Single Version) - Stevie Wonder : (CD: Stevie Wonder: Song
Review- A Greatest Hits Collection)



Start on lyrics (34 count intro from where drums start)

CROSS ROCK, RECOVER, ¼ TURNING TRIPLE STEP, FORWARD ROCK, RECOVER, ½ TURNING TRIPLE STEP

1-2 Cross rock RT over LT, Recover onto LT
3&4 ¼ turn RT stepping R,L,R (3:00)
5-6 Step LT forward while rocking forward onto LT, Recover onto RT
7&8 ½ turn LT stepping L,R,L (9:00)

LINDY RT, BACK ROCK, RECOVER, LINDY LT, BACK ROCK, RECOVER

1&2 Step RT to side, Step LT next to RT, Step RT to side
3-4 Step LT back while rocking onto LT, Rock forward onto RT
5&6 Step LT to side, Step RT next to LT, Step LT to side
7-8 Step RT back while rocking onto RT, Rock forward onto LT

KICK BALL CHANGE, STEP, TURN, CROSS SHUFFLE, SHUFFLE STEP FORWARD

1&2 Kick RT slightly forward, Step RT next to LT, Step LT in place
3-4 Step RT forward, Pivot turn ¼ turn LT while shifting weight LT (6:00)
5&6 Cross shuffle (RT over LT) R,L,R
7&8 Shuffle step forward, L,R,L

FORWARD ROCK, RECOVER, COASTER STEP, FORWARD ROCK, RECOVER, ¼ TURNING SAILOR STEP

1-2 Rock forward onto RT while stepping RT slightly forward, Recover onto LT
3&4 Step RT back, Step LT next to RT, Step RT forward
5-6 Rock forward onto LT while stepping LT slightly forward, Recover onto RT
7&8 In a sweeping motion step LT behind RT, Step RT to side while turning ¼ turn LT, Step LT next to RT (3:00)

Start again and enjoy

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