

African Lady

COPPERKNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Don Kay - March 2011
音乐: African Lady - Tony Stevens



Start dance on lyrics.

Chasse left. Rock back. Recover. 1/4Turn. 1/4Turn. Cross shuffle.

1&2,3,4 Step L to side. &R next to L. L to side. Rock back on R. Recover on L. Turning 1/4 left step
5,6,7&8 back on R. Turning 1/4 left step L to side. Cross R over L. &L to side. Cross R over L.

1/4Turn. 1/4Turn. Shuffle forward. Step forward. Hip bump. Step forward. Hip bump

9,10,11&12 Turning 1/4 right step back on L. Turning 1/4 right step R to side. Step forward L. &Step R
13, 14, 15, 16 next to L. Step foeward L. Step forward R. Bump hips right. Step forward L. Bump hips left.

Side. Rock back. Recover. Turning step back. Sweeping turning sailor shuffle. Step. Step.

17,18,19,20 Step R to side. Rock back on L. Recover on R. Turning 1/4 right step back on L. Sweep R
21,22&23,24 around while turning 1/4 right stepping R behind L(2 counts) &Step L to side. Step forward
R.L.

Rock. Recover. Coaster step. 1/4Swivel. 1/4Swivel.

25,26,27&28 Rock forward on R. Recover on L. Step back on R. &Step left next to R. Step forward on R.
29,30,31,32 Step forward on L. Swivel 1/4 right. Step forward on L. Swivel 1/4 right.

Out out. In in. Walk. Walk. Out out. In in. Walk. Walk.

&33&34,35,36 &Step L to side. Step R to side. &Step L back to centre. Step R next to L. Walk forward L.R.
&37&38,39,40 &Step L to side. Step R to side. &Step L back to centre. Step R next to L. Walk forward L.R.

Heel touches. (Moving back) Coaster step. Cross behind. Turning 1/4 step forward.

41&42& Moving back. Touch L heel forward. &Step back on L. Touch R heel forward. &Step back on
R.

43&44,45& Touch L heel forward. &Step back on L. Touch R heel forward. Step back on R. & L next to
R.

46,47,48 Step forward on R. Cross L behind R. Turning 1/4 right step forward on R.

Rock. Recover turning 1/2. Shuffle forward. Rock. Recover turning 1/2. Shuffle forward.

49,50,51&52 Rock forward on L. Back on R. Turning 1/2 left step forward on L.&R next to L. Forward on L
53,54,55&56 Rock forward on R. Back on L. Turning 1/2 right step forward on R.&L next to R. Forward on
R

Step. Turn. Turning step side. Behind. Turning step forward. Step. Swivel. Cross.

57,58,59,60 Step forward on L. Pivot 1/2 right. Turning 1/4 right step L to side. Step R behind L. Turning
1/4

61,62,63,64 left step forward on L. Step forward on R. Swivel 1/4 left. Cross R over L.

Suggested finish: Dance to count 24. Then:

Swivel 1/4 right. Step forward on L. Swivel 1/4 right. Step L in place. Step R in place.

Contact: countryman@xtra.co.nz