

First Steps

COPPER KNOB
BY PETER LISAMCC

拍数: 32 墙数: 2 级数: Ultra Beginner
编舞者: Lisa McCammon (USA) - June 2011
音乐: Alright - Elliott Yamin



32-count intro

Alternate music: any evenly-phrased track in the 100-110 BPM range.

The entire dance consists of stepping right, left, and teaches weight changes, a right rocking chair, 1/4 L step turns, and the "Vee" step.

NOTE TO INSTRUCTORS: Because Section 1 repeats at the back wall as Section 3, new dancers sometimes think the dance is starting over.

To make it easier, reverse the order of the second and third sections, repeating the first section at the front wall, then do Sections 2 and 4.

WALK, WALK, FWD ROCK, REC, BACK, BACK, BACK, ROCK, REC

1-4 Step fwd R, L, rock fwd on R, rec wt to L
5-8 Step back R, L, rock back on R, rec wt to L

ROCKING CHAIR, STEP, TURN 1/4 L, STEP, TURN 1/4 L

1-4 Rock fwd R, rec wt to L, rock back R, rec wt to L
5-6 Step fwd R, turn 1/4 L [9] transferring wt to L
7-8 Step fwd R, turn 1/4 L [6] transferring wt to L

WALK, WALK, FWD ROCK, REC, BACK, BACK, BACK ROCK, REC (REPEAT OF SECTION 1)

1-4 Step fwd R, L, rock fwd on R, rec wt to L
5-8 Step back R, L, rock back on R, rec wt to L

"VEE" STEP 2X

1-2 Step R fwd to R diag, step L to side (out, out)
3-4 Step R back to home, step L next to R (in, in)
5-8 Repeat previous 4 (out, out, in, in; weight ends on L)

Repeat

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