

Dancing Horse (Il Ballo del Cavallo)

COPPER **KNOB**
BY STEPHENETS

拍数: 32 墙数: 1 级数: Beginner
编舞者: Russell Breslauer (USA) - June 2011
音乐: Il Ballo del Cavallo - Alberto Selly
或: Il ballo del cavallo - Sabrina Musiani



STEPS LEFT SLIDES RIGHT

- 1 - 4 Turning body left (9:00) and moving left step (LRL then lift R) while arms make riding motion.
5 - 8 Turning body front (12:00) and moving right step R to right side and slide L next to right, step R to right side and slide and lift (hitch) L next to right while right arm is raised making a lasso motion

FORWARD AND BACK

- 1 - 4 Step forward (LRL) then lift (and paw like a horse) R while arms are throwing the lasso.
5 - 8 Step back (RLR) then lift (and paw like a horse) L while arms are taking up the lasso.

TURNING VINES TO THE LEFT THEN TO THE RIGHT

- 1 - 4 Step L turning $\frac{1}{2}$ then R turning $\frac{1}{4}$ then L turning $\frac{1}{4}$ all counterclockwise lift R
5 - 8 Step R turning $\frac{1}{2}$ then L turning $\frac{1}{4}$ then R turning $\frac{1}{4}$ all clockwise lift left

ROLL HIPS TO THE RIGHT THEN BEND AND STRAIGHTEN KNEES TWICE

- 1 - 4 Staying in place, roll your hips to the right (clockwise) for 4 counts
5 - 8 Bend and straighten knees twice while arms make a riding motion.

REPEAT

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