

Switchin' Gears

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Michelle Jackson (USA) - May 2011
音乐: Truckin - Tom Dixon Band



Alt. Music: "Feel the Music" by Tiffany

RIGHT HEEL GRIND, COASTER STEP, LEFT HEEL GRIND, COASTER

1-2 step right heel fwd & grind right, recover to left
3&4 step right back, step left together, step right fwd
5-6 step left heel fwd & grind left, recover to right
7&8 step left back, step right together, step left fwd (12 o'clock)

BALANCE FWD RIGHT & LEFT HEELS (TOES UP), BACK RIGHT & LEFT, SIDE SHUFFLE, 1/4 TURN SHUFFLE

1-2 step fwd on right heel & balance step fwd on left heel & balance (toes point up)
3-4 step right back, step left back
5&6 step right to side, step left together, step right to side
7&8 turn ¼ turn left stepping left to side, step right together, step left to side (9oclock)

RIGHT ROCKING CHAIR, RIGHT LINDY

1-2 rock right fwd, recover onto left
3-4 rock right back, recover onto left
5&6 step right to side, step left together, step right to side
7-8 rock left back, recover onto right (9 o'clock)

LEFT LINDY, 1/8 PIVOT TURN W/ HIP BUMP, 1/8 PIVOT TURN W/HIP BUMP

1&2 step left to side, step right together, step left to side
3-4 rock right back, recover onto left
5-6 make 1/8 turn left stepping right fwd while pushing right hip fwd, recover left
7-8 make 1/8 turn left stepping right fwd while pushing right hip fwd, recover left (6 o'clock)

When using Truckin/Tom Dixon Band, 8th wall, dance 1st 20 counts (rocking chair)
Then do last 4 counts of dance (1/8 pivots) then RESTART =)

Contact: spiningrL32@aol.com