

London To Jamaica

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ross Brown (ENG) - October 2011
音乐: She Makes Me Wanna (feat. Dev) - JLS : (CD: She Makes Me Wanna - Single - 3:39)



Intro: 36 Counts (Approx. 19 Secs)

OUT, OUT. IN, IN. COASTER STEP. STEP, PIVOT ½ TURN R.

- 1 – 2 Step forward and out with right, step forward and out with left.
- 3 – 4 Step back and in with right, step left next to right.
- 5 & 6 Step back with right, step left next to right, step forward with right.
- 7 – 8 Step forward with left, pivot a ½ turn right. (6 o'clock)

OUT, OUT. IN, IN. COASTER STEP. STEP, PIVOT ¼ TURN L.

- 1 – 2 Step forward and out with left, step forward and out with right.
- 3 – 4 Step back and in with left, step right next to left.
- 5 & 6 Step back with left, step right next to left, step forward with left.
- 7 – 8 Step forward with right, pivot a ¼ turn left. (3 o'clock)

CROSS, SIDE. SAILOR STEP. X2.

- 1 – 2 Cross step right over left, step left to the left.
- 3 & 4 Cross step right behind left, step left to the left, step right to the right.
- 5 – 6 Cross step left over right, step right to the right.
- 7 & 8 Cross step left behind right, step right to the right, step left to the left. (3 o'clock)

ROCK FORWARD. SHUFFLE ½ TURN. X2.

- 1 – 2 Rock forward with right, recover onto left.
- 3 & 4 Shuffle a ½ turn right stepping; right, left, right.
- 5 – 6 Rock forward with left, recover onto right.
- 7 & 8 Shuffle a ½ turn left stepping; left, right, left. (3 o'clock)

End of Dance. Start again and Enjoy!

OPTIONAL ARMS: When they sing the lines "London To Jamaica, LA to Africa" you may want to add some Arm Movements to match the OUT, OUT. IN, IN. steps from Sections 1 & 2. As you step OUT with your right foot push both arms up to the right corner. As you step OUT with your left foot push both arms up to the left corner. As you step IN with your right foot push both arms down to the right corner. And as you step IN with your left foot push both arms down to the left corner.
