

Yolanda (Beginner Style)

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Irene Groundwater (CAN) - January 2012
音乐: Yolanda - Joe Merrick : (CD: Ranches & Rodeos)



Intro: 32 count intro

SIDE, HOLD, BEHIND REPLACE, SIDE, HOLD, BEHIND, REPLACE

- 1-2 Large right side step, hold
- 3-4 Cross left behind right, recover to right
- 5-6 Large left side step, hold
- 7-8 Cross right behind left, recover to left

Option: raise both arms out to each side of body shoulder height on counts 1 and 5. Drop both arms on counts 3 and 7.

You should get the feeling that you are flying.

FORWARD, BRUSH, FORWARD, FORWARD, FORWARD, TURN 1/4 RIGHT, FORWARD, FORWARD

- 1-2 Step right forward, brush left ball forward past right instep
- 3-4 Step left forward, step right forward
- 5-6 Step left forward, turn 1/4 right and brush right forward
- 7-8 Step right forward, step left forward

HIP, HOLD, HIP, HIP, HIP, HOLD, HIP, HIP

- 1-2-3-4 Right hip forward, hold, left hip back, right hip forward
- 5-6-7-8 Left hip forward, hold, right hip back, left hip forward

CROSS, HOLD, TURN 1/4 RIGHT, FORWARD, SWAY, HOLD, SWAY, SWAY

- 1-2 Cross right over left, hold
- 3-4 Left back turn 1/4 right on step, step right forward
- 5-6-7-8 Sway left, hold, sway right, sway left

Option on counts 5-6-7-8: thrust left hip left, rotate left hip, thrust right hip right, thrust left hip left

REPEAT
