

Irish Zumba Walk

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Improver
编舞者: Patrick Latendresse (CAN) - March 2012
音乐: The Landlord's Walk - Blair Douglas : (CD: Celtic Dance)



Start dancing when fiddle start playing

CROSS-ROCK, ROCK STEP, FULL TURN RIGHT, TRIPLE STEPS

1&2 Cross right over left, recover weight on left (&), step right beside left
3&4 Cross left over right, recover weight on right (&), step left beside right
5-6 Step right forward, recover weight on left
7&8 Start turning full turn right on place while stepping right, left (&), right

Optional: You could do a triple steps on place on count 7 &8

CROSS-ROCK, ROCK STEP, FULL TURN LEFT, TRIPLE STEPS

1&2 Cross left over right, recover weight on right (&), step left beside right
3&4 Cross right over left, recover weight on left (&), step right beside left
5-6 Step left forward, recover weight on right
7&8 Start turning full turn left on place while stepping left, right (&), left

Optional: You could do a triple steps on place on count 7 &8

HEEL SWITCH, RIGHT HOOK, HEEL SWITCH, LEFT HOOK

1&2 Touch right heel forward, step right beside left (&), touch left heel forward
&3 Step left beside right (&), touch right heel forward
&4 Cross right foot over left knee (&), touch right heel forward
&5 Step right beside left (&), touch left heel forward
&6 Step left beside right (&), touch right heel forward
&7 Step right beside left (&), touch left heel forward
&8& Cross left foot over right knee (&), touch left heel forward, step left beside right (&)

HEEL SWITCH, RIGHT HOOK, HEEL SWITCH, LEFT HOOK

1&2 Touch right heel forward, step right beside left (&), touch left heel forward
&3 Step left beside right (&), touch right heel forward
&4 Cross right foot over left knee (&), touch right heel forward
&5 Step right beside left (&), touch left heel forward
&6 Step left beside right (&), touch right heel forward
&7 Step right beside left (&), touch left heel forward
&8 Cross left foot over right knee (&), touch left heel forward

SYNCOPATED SIDE STEPS LEFT, MAMBO FORWARD, MAMBO BACKWORD

1&2 Step on ball of left to side, drag right beside left (&), step on ball of left to side
&3 Drag right beside left (&), step on ball of left to side
&4 Drag right beside left (&), step on ball of left to side
5&6 Step right forward, recover weight on left (&), step right beside left
7&8 Step left backward, recover weight on right (&), step left beside right

SYNCOPATED SIDE STEPS RIGHT, MAMBO FORWARD, MAMBO BACKWORD

1&2 Step on ball of right to side, drag left beside right (&), step on ball of right to side
&3 Drag left beside right (&), step on ball of right to side
&4 Drag left beside right (&), step on ball of right to side
5&6 Step left forward, recover weight on left (&), step right beside left
7&8 Step right backward, recover weight on left (&), step right beside left

SYNCOPATED FORWARD STEPS, STAMP, FAN RIGHT, STAMP, FAN LEFT

- 1&2 Step on ball of left to side, drag forward (&), cross left over right
- &3 Drag right beside left (&), step on ball of left to side
- &4 Drag right forward (&), cross left over right
- 5&6 Hit the floor with right foot, move right toes to side (&), back to center
- 7&8 Hit the floor with left foot, move left toes to side (&), back to center

Optional: You could step on ball of left forward, drag right behind than left and right if you don't want step side and cross forward.

SYNCOPATED BACKWARD HITCHES, COASTER STEP, MAMBO FORWARD LEFT

- &1 Lift up right knee (&), step right backward
- &2 Lift up left knee (&) step left backward
- &3 Lift up right knee (&), step right backward
- &4 Lift up left knee (&), step left backward
- 5&6 Step right backward, step left beside right (&), step right forward
- 7&8 Step left forward, recover weight on right (&), step left beside right

Note: The fiddle will stop playing and music fades, you could stop dancing or continue until the music stop completely.
