

My Chair

COPPER KNOB
BY SHEILA PALMER

拍数: 32 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Andrew Palmer (UK) & Sheila Palmer (UK) - June 2012
音乐: The Chair - George Strait : (CD: The Very Best of... - iTunes)



Intro: 16 counts (approx 12 seconds)

[1-8] Rock fwd R. Recover. Coaster-step R. Rock fwd L. Recover. Shuffle half turn L.

1-2 Rock forward on right, recover weight to left
3&4 Step back on right, step left beside right, step forward on right

Optional: Full triple turn right (RLR)

5-6 Rock forward on left, recover weight to right
7&8 Shuffle half turn left (LRL) <6:00>

[9-16] Step-pivot half turn L. Side-together-fwd. Sway. Sway. Chasse quarter turn L

1-2 Step forward on right, pivot half turn left <12:00>
3&4 Step side right, step left beside right, step forward on right
5-6 Sway left, sway right
7&8 Step side left, step right beside left, quarter turn left <9:00> stepping forward on left

[17-24] Rock fwd R. Recover. Lock-step back R. Lock-step back left. Rock back R. Recover

1-2 Rock forward on right, recover weight to left
3&4 Step back on right, lock left over right, step back on right
5&6 Step back on left, lock right over left, step back on left
7-8 Rock back on right, recover weight to left

[25-32] Shuffle fwd R. Shuffle fwd L. Box-step

1&2 Step forward on right, slide left up to right, step forward on right

Optional: Shuffle half turn left (RLR) <3:00>

3&4 Step forward on left, slide right up to left, step forward on left

Optional: Shuffle half turn left (LRL) <9:00>

5-6 Step right over left, step back on left
7-8 Step right to side, step forward on left

Tag: Additional Box-step at end of wall 4 facing 12:00

1-4 Step right over left, step back on left, step right to side, step forward on left

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