

Throwin' It Down

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lisa Johns-Grose (USA) & Eddie Huffman (USA) - July 2012
音乐: My Kinda Crowd - Kaleb McIntire



Start dancing on lyrics

STEP SIDE, TRIPLE BACK, SIDE, FORWARD

1-2 Step right side, step left together
3&4 Chassé back right-left-right
5&6 Chassé side left-right-left
7&8 Chassé forward right-left-right

ROCK FORWARD, RECOVER, TURN ½ LEFT, TRIPLE FORWARD, ROCK, RECOVER, COASTER

1&2 Rock left forward, recover to right, turn ½ left stepping left forward
3&4 Chassé forward right-left-right
5-6 Rock left forward, recover to right
7&8 Step left back, right together, step left forward

FORWARD MAMBO, RUN BACK, REVERSE ROCKING CHAIR, COASTER

1&2 Rock right forward, recover to left, step right together
3&4 Step back left, right, left
5&6& Rock right back, recover to left, rock right forward, recover to left
7&8 Step right back, step left together, cross right over left

SWAY LEFT, RIGHT, TURN 1/4 LEFT TRIPLE, TOE STRUT WITH HIP BUMP

1-2 Sway left to side, sway right to side
3&4 Chassé side left-right-left turning 1/4 left
5-6 Step right toe forward with right hip bump, step right heel down
7-8 Step left toe forward with left hip bump, step left heel down

REPEAT
