

Folsom Prison

COPPERKNOB
STEPSHEETS

拍数: 44 墙数: 2 级数: Beginner
编舞者: Rita Masur (CAN) - December 2012
音乐: Folsom Prison Blues - Johnny Cash : (Album: 100 Greatest Hits)



Start on lyrics...

LINDY RIGHT AND LINDY LEFT

1&2 RF step to side, LF step beside RF, Step RF to side
3-4 LF rock back, recover weight on RF
5&6 LF step to side, RF step beside LF, Step LF to side
7-8 RF rock back, recover weight on LF

SHUFFLE FWD, PIVOT ½ RIGHT, SHUFFLE FWD, PIVOT ½ LEFT

1&2 Shuffle forward stepping R-L-R
3-4 LF step forward, pivot ½ right (weight on RF)
5&6 Shuffle forward stepping L-R-L
7-8 RF step forward, pivot ½ left (weight on LF)

SIDE ROCK, REC., CROSS SHUFFLE, SIDE ROCK, REC. CROSS SHUFFLE

1-2 RF side rock, recover weight on LF
3&4 RF cross shuffle over LF stepping R-L-R
5-6 LF side rock, recover weight on RF
7&8 LF cross shuffle over LF stepping L-R-L

SIDE, BEHIND, TURN ¼ RIGHT SHUFFLE FWD, PIVOT ¼ RIGHT, CROSS SHUFFLE

1-2 RF step to side, LF step behind
3&4 Turn ¼ right shuffle forward stepping R-L-R
5-6 LF step forward, pivot ¼ right (weight on RF)
7&8 LF cross shuffle over RF stepping L-R-L

TOE TOUCH, HEEL FWD, COASTER STEP BACK, TOE TOUCH, HEEL FWD, COASTER STEP BACK

1-2 RF toe touch towards LF, RF Heel tap forward
3&4 RF step back, step LF together, step RF forward
5-6 LF toe touch towards RF, LF Heel tap forward
7&8 LF step back, step RF together, step LF forward

STEP SIDE RIGHT, KICK LEFT FWD & CLAP, COASTER STEP BACK

1-2 RF step to side, Kick LF forward & Clap
3&4 LF step back, step RF together, step LF forward

Repeat...

Contact: g.r.masur@cogeco.ca