

Shipwrecked

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Emceedance (UK) - February 2013
音乐: Shipwrecked - The Sunshine Cowboys : (Album: Fever 6 - track 4)



JAZZ BOX, PRISSY WALKS, STEP, TURN, STEP

1,2,3,4 Cross R over L, step L back, step R to right side, Step L next to R
5,6 Step R in front of L, step L in front of R
7&8 Step R fwd, turn ½ left transferring weight to L, step R fwd

JAZZ BOX, R, R, BEHIND, SIDE, CROSS

1,2,3,4 Cross L over R, step R back, step L to left side, step R next to L
5,6 Rock L fwd, recover on R
7&8 Cross L behind R, step R to right side, cross L over R

SIDE, TOG, FWD. HITCH, R, R, SHUFFLE

1,2,3,4 Step R to right side, step L next to R, step R fwd, hitch L next to R
5,6 Rock L fwd, recover on R,
7&8 Step L back, step R back to L instep, step L back

ROCKING CHAIR, ¼ turn right, STEP TOG, KBC

1,2,3,4 Rock R back, recover on L, Rock R fwd, recover on L
5,6 Turn ¼ right step R o right side, step L next to R
7&8 Kick R fwd, step ball of R foot next to L, transfer weight to L

This dance includes most of the basic sequences for beginners

Contact: maureen@poik.net