

Prairie Dog

COPPER KNOB
STEPPERS

拍数: 44 墙数: 2 级数: Beginner / Improver
编舞者: Sal April (USA) - April 2013
音乐: Overworked And Underpaid (feat. Randy Bachman) - Bachman & Turner



Music Suggestions :-

SLOW - One (Bee Gee's), [109 bpm]

MEDIUM - Overworked And Under Paid (Randy Bachman),

FAST - Prop Me Up [70.17 bpm]

TWO SHUFFLES (in place) STARTING WITH RIGHT

1&2 Shuffle in place, R, L, R

3&4 Shuffle in place, L, R, L

VINE TO RIGHT

5-8 Step to the R with R foot, step L foot behind R foot, step R with R foot, step L foot next to R foot

VINE TO LEFT - (rolling optional, turn to the left)

9-12 Step to the L with L foot, step R foot behind L foot, step L with L foot, step R foot next to L foot

VINE TO RIGHT - (rolling optional, turn to the right)

13-16 Step to the R with R foot, step L foot behind R foot, step R with R foot, step L foot next to R foot

VINE TO LEFT, KICK RIGHT

17-20 Step to the L with L foot, step R foot behind L foot, step L with L foot, kick R foot

WALK BACKWARDS, HITCH LEFT

21-24 Step back R, L, R, hitch L

LOCK STEP LEFT

25-28 Step forward on L at a L angle, slide R up behind L, step forward on L, bring R up beside L

DIAGONAL STEP TOUCH (45 degree angles)

29-32 Step R foot to R front diagonal, touch L foot beside R, Step L foot to L back diagonal, touch R foot beside L

33-36 Step R foot to R back diagonal, touch L foot beside R, Step L foot to L front diagonal, touch R foot beside L

TWO TRAVELLING SHUFFLES - STARTING WITH RIGHT

37&38 Shuffle forward R, L, R

39&40 Shuffle forward L, R, L

PIVOT – LEFT ½ TURN, STOMP TWICE

41 Step forward on right foot

42 Pivot ½ turn to left

43-44 Stomp R, L in place

REPEAT

Contact- submitted by: bgair03@gmail.com

