

Completely Beginner

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Beginner
编舞者: Chris Lane (UK) - June 2013
音乐: Completely - Caro Emerald : (Album: The Shocking Miss Emerald)



Starts on the vocals.

Section 1 : Grapevine Left, Heel Twists

1 -2 Step left to left side, Cross right behind left
3 -4 Step left to left side, Step right beside left
5 -6 Twist both heels right, Twist heels back to centre
7 -8 Twist both heels right, Twist heels back to centre

Section 2 : Grapevine Right, Heel Twists

1 -2 Step right to right side, Cross left behind right
3 -4 Step right to right side, Step left beside right
5 -6 Twist both heels left, Twist heels back to centre
7 -8 Twist both heels left, Twist heels back to centre

Section 3 : Grapevine Left, Rocking Chair

1 -2 Step left to left side, Cross right behind left
3 -4 Step left to left side, Step right beside left
5 -6 Rock right forward, Recover onto left
7 -8 Rock right back, Recover onto left

Section 4 : Right 1/4 turn Jazz Box, Sway x 4

1 -2 Cross right over left, Step left back
3 -4 Step 1/4 right, Step left beside right
5 -6 Step left to left side, Sway hips left then right
7 -8 Sway hips left then right. (weight ends on right)

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