

It's Good To Be Breathing

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Higher Improver / Easy Intermediate
编舞者: Peter Davenport (ES) - August 2013
音乐: It's Good To Be Us - Bucky Covington : (Album: Bucky Covington)



24 Count Intro, Start on Lyrics, Approx 10 seconds, [3.05]

L Heel Hook, L Shuffle Forward, R Rocking Chair

1,2 Touch L heel forward, Hook L heel up under R shin [12]
3&4 L shuffle forward, L,R,L
5,6 Rock forward on R, Recover on L
7,8 Rock back on R, Recover on L

Cross Side, R Sailor Step, Cross Side, L Sailor ¼ L

1,2 Cross R over L, Step L to L side
3&4 R sailor step (angle body to the R)
5,6 Cross L over R, Step R to R side
7&8 L sailor ¼ L [9]

* Wall 4 - Tag / Restart

Step, Hold, & Rock Replace, Shuffle Back, ½ Turn Shuffle L

1,2 Step forward on R, HOLD,
&3,4 Bring L to R, Rock forward on R, Recover on L
5&6 Shuffle back R,L,R
7&8 L ½ turn shuffle, L,R,L [3]

Rock Replace, ½ R, ½ R, ¼ R Touch, ¼ L Together

1,2 Rock forward on R, Recover on L
3,4 ½ R step on R, ½ R step back on L
5,6 ¼ R step R to R, Touch L toe to R [6]
7,8 ¼ L step forward on L, Bring R to L (weight on R) [3]

TAG / RESTART: Wall 4 Restart & Change Of Step

Dance up to and including counts 5,6 on section 2 change counts 7&8 to L sailor 1/4 touch L to R,
Restart the dance from count 1 from 6 o'clock wall

(Tadah)

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