

60 Minute Man

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Kim Nolan (UK) - August 2013
音乐: Sixty Minute Man - The Dominoes



Intro: 48 count - Start on solo lyrics "Look..." - [128 BPM - 2 mins 29secs]

SECTION 1: SIDE, TOGETHER, SIDE, TOUCH & CLAP, x 2

1-4 Step L to left, Step R together, Step L to left, Touch R next to left & clap
5-8 Step R to right, Step L together, Step R to right, Touch L next to right & clap

SECTION 2: ROCK, TOUCH & CLAP, ROCK, TOUCH & CLAP, TOUCH, HITCH, STEP, HOLD (Lift arms above head as you clap on touches)

1-4 Rock L back, Touch R toe to L toe/clap, Rock R fwd, Touch L toe to R heel/clap
5-6 Touch L back, Hitch L knee next to R knee
7-8 Step L back, Hold (weight change to left)

SECTION 3: KICK BALL CHANGE x 2, SWIVELS

1&2 Kick R foot fwd, Step R ball of foot in place, Step L in place (weight to left)
3&4 Repeat 1&2
5-6 (sexy swivel fwd with hands in hair) Step R fwd toes turned out R, twist ball of R centre &
step L forward toes turned out to L, twist ball of L to centre simultaneously
7-8 Repeat 5-6

SECTION 4: JAZZ BOX, TURN, HOLD, THRUST (hands in hair) (or Hip Bumps if shy)

1-4 Cross R over left, Step back on Left, Turn ¼ right and Step R fwd, Step L tog
5-8 Hold, Thrust hips forward 3 times (hands in hair) (option if shy: Hip Bumps R, L, R)

HAVE FUN ! Love, Kim x

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