

Land Of A Thousand Dances (aka 1, 2, 3)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Easy Intermediate (fast paced)
编舞者: Adrian Lefebour (AUS) - March 2014
音乐: Land of a Thousand Dances - Jessica Mauboy : (Album: The Sapphires)



Notes: 32 count intro from 1, 2, 3. Restart on walls 2 & 4

[1-8] Side Shuffle, Rock/Replace, Side Shuffle, Rock/Replace

1&2 Side Shuffle R – Step R to R side, Step L next to R, Step R to R side
3, 4 Step L back, Replace weight fwd on R
5&6 Side Shuffle, L – Step L to L side, Step R next to L, Step L to L side
7, 8 Step R back, Replace weight fwd on L

[9-16] Kick Ball Step, 1/2 Pivot Turn, Repeat

1&2 R Kick Ball Step – Kick R fwd, Step on ball of R foot, Step L fwd
3, 4 Step R fwd, 1/2 Pivot Turn L (weight on L) (6.00)
5&6 R Kick Ball Step – Kick R fwd, Step on ball of R foot, Step L fwd
7, 8 Step R fwd, 1/2 Pivot Turn L (weight on L) (12.00)

[17-24] Step, Bounce/Bump Hips x2 to R, Bounce/Bump Hips x2 to L, Repeat (feel free to do the mash potato here)

1, 2 Step R to R side, Bounce/Bump Hips twice to R
3, 4 Bounce/Bump Hips twice to L
5, 6 Bounce/Bump Hips twice to R
7, 8 Bounce/Bump Hips twice to L (weight on L)

[25-32] Step Side, Step Behind, Step Side, Kick, Step side, Step Behind, Step Side, Touch

1,2,3,4 Step R to R side, Step L behind R, Step R to R side, Kick L to L 45
5,6,7,8 Step L to L side, Step R behind L, Step L to L side, Touch R next to L

[33-40] Step 1/4 Turn, Touch, Step 1/4 Turn, Touch, Step 1/4 Turn, Touch,, Step fwd, Touch (put your hands on your hips)

1, 2 1/4 Turn L Step R to R side, Touch L next to R (9.00)
3, 4 1/4 Turn L Step L fwd, Touch R next to L (6.00)
5, 6 1/4 Turn L Step R back, Touch L next to R (3.00)
7, 8 Step L fwd, Touch R next to L

[41-48] Step Fwd, Lock Step, Step Fwd, Scuff, 1/2 Pivot Turn, Step Fwd, Hold

1,2,3,4 Step R fwd, Lock Step L behind R, Step R fwd, Scuff L fwd
5,6,7,8 Step L fwd, 1/2 Pivot Turn R, Step L fwd, Hold (weight on L) (9.00)

[49-56] Full Turn, Touch Side, Hold, 1/4 Jazz Box Step

1, 2 1/2 Turn L Step R back, 1/2 Turn L Step L fwd
3, 4 Touch R toe to R side, Hold
5,6,7,8 Cross R over L, 1/4 Turn R Step L back, Step R to R side, Step L fwd (12.00) ***

[57-64] Across Toe Strut, 1/4 Toe Strut, 1/4 Toe Strut, Side Toe Strut

1, 2 R Toe strut across L (whilst clicking both arms up towards R shoulder)
3, 4 1/4 Turn R back Toe strut with the L foot (whilst clicking both arms up towards L shoulder) (3.00)

- 5, 6 1/4 Turn R fwd Toe strut with the R foot (whilst clicking both arms up towards R shoulder)
(6.00)
- 7, 8 L Toe strut to L side (whilst clicking both arms up towards L shoulder) (hitch to R to start
again)

START AGAIN

*****RESTART: On Walls 2 & 4 dance to count 56, then start dance again.**

FINISH: On wall 7 finish on the Jazz Box Step or around there...

Contact - Adrian Lefebour – 0412 207 745 - alefebour@gmail.com
