

My Autumn Rose

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rene & Reg Mileham (UK) - July 2014
音乐: Autumn Rose - Rick Trevino : (CD: Whole Town Blue)



Intro: 16 count - 87 bpm - Style: Country

**For a faster beat try:- I'm In A Hurry (And Don't Know Why) - Alabama: For The Record, Cd.
*32 count intro. - Download from amazon and iTunes**

Section 1: Weave, sweep, behind, side, cross, point

1 – 2 Cross Right over Left, step Left to side
3 – 4 Cross Right behind Left, sweep Left out and behind Right
5 – 6 Step Left behind Right, step Right to side
7 – 8 Cross Left over Right, point Right to side

Section 2: Travelling forward Cross, point x2. Shuffle back x 2

1 - 2 Cross Right over Left, point Left out to side
3 – 4 Cross Left over Right, point Right out to side
5 & 6 Right shuffle back
7 & 8 Left shuffle back

Section 3: Toe strut, step back, together. Repeat with Left

1 – 2 Right toe strut forward, drop heel
3 – 4 Step Left back, step Right next to Left
5 – 6 Left toe strut forward, drop heel
7 – 8 Step Right back, step Left next to Right

Section 4: Toe strut, step back turning ¼ right, step forward. Shuffle forward, Sway, sway.

1 – 2 Right toe strut forward, drop heel
3 – 4 Step Left back, making ¼ turn right, step Right next to Left
5 & 6 Left shuffle forward (weight on Left)
7 – 8 Sway Right, sway Left

Begin dance again - Nice easy rhythm – enjoy

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