

Easy Does It

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Forty Arroyo (USA) - September 2014
音乐: On My Own - Miley Cyrus



(A Hayloft Floor Split for Steve Lescarbeau's Intermediate dance – On My Own)

**** Dedicated to to My Senior Guys & Dolls ****

Starts after 24 beats (lyrics)

[1-8] □WALK, WALK, KICK BALL CHANGE, STEP, SWEEP, STEP, SWEEP

1,2 Walk forward – R, L
3&4 Low kick R forward, Step ball of R in place, Step L in place
5,6 Step R in front of L, Sweep L from back to front
7,8 Step L in front of R, Sweep R from back to front

[9-16] □CROSS, STEP, CROSS, STEP, CROSS, STEP, SIDE, STOMP

1,2 Traveling back L diagonal – Cross R over L, Step back on L
3,4 Traveling back L diagonal – Cross R over L, Step back on L
5,6 Cross R over L, Step back on L squaring off to 12 O'
7,8 Step R to side (big step), Stomp L next to R (weight on L)

RESTART HAPPENS HERE (after instrumentals) you will be starting the dance at 6 O' (WALL 6)

[17-24] □CHASSE', OUT, OUT, CHASSE', OUT, OUT

1&2 Step R to side, Slide L next to R, Step R to side
3,4 Step L slightly to left - pushing hips to side, Step R slightly to right – pushing hips to side
5&6 Step L to side, Slide R next to R, Step L to side
7,8 Step R slightly to right - pushing hips to side, Step L slightly to left – pushing hips to side

[25-32] □WALK, WALK, STEP, PIVOT ½, STEP, TOUCH, STEP, TOUCH

1,2 Walk forward, R L
3,4 Step forward on R, Pivot ½ turn to left (weight on L)
5,6 Step R to side - lean right, Touch L out to side
7,8 Step L to side – lean left, Touch R out to side

REPEAT

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