

Baby It's Still True

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 1 級數: Ultra Beginner
編舞者: Rosie Multari (USA) - September 2014
音樂: More Today Than Yesterday - Spiral Starecase



Alt. music:-

Build Me up Buttercup by The Foundation or Glenn Rogers

You Can't Go Home by Bon Jovi & Jennifer Nettles

[1-8] SIDE SLIDE RIGHT, THREE ROCKS

1, 2 R foot takes a wide step to the right, L foot slides next to right (no weight)
3, 4 Rock left behind right, recover weight onto right in place
5-8 Rock forward on left, recover weight onto right in place, rock back on left, recover weight to right in place*

[9-16] SIDE SLIDE LEFT, THREE ROCKS

9,10 L foot takes a wide step to the right, R foot slides next to left (no weight)
11,12 Rock right behind left, recover weight onto L in place
13-16 Rock forward on right, recover weight onto left in place, rock back on right, recover weight onto left in place*

[17-24] STEP SIDE RIGHT, LEFT, DOUBLE STEP FORWARD

17,18 Step right to side, touch left next to right
19,20 Step left to side, touch right next to left
21-24 On an angle, step right forward, step left next to right, step right forward, touch left next to right

[25-32] STEP SIDE LEFT, RIGHT, DOUBLE STEP BACK

25,26 Step left to side, touch right next to left
27,28 Step right to side, touch left next to right
29-32 On an angle, step left back, step right next to left, step left back, touch right next to left

Begin again!

Dance is described as one wall. To make it a four wall dance, ¼ turn right as you start the dance again.

*NB: An option for more experienced dancers: replace the forward and back rock steps with a double 1/2 pivot turn. For example, count 5-8, step forward left, pivot on balls of both feet, turn 1/2 to right, replacing weight onto right, then repeat.

For count 13-16, step forward right, pivot on balls of both feet, turn 1/2 to left, replacing weight onto left, then repeat.

Contact - Multari@aol.com