

Having A Really Good Time

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner Plus
編舞者: Annemaree Sleeth (AUS) - February 2015
音樂: The Time of Their Life - Heartbeat : (Album: Once In A Lifetime)



Music available: <http://www.heartbeatduo.com.au/> or iTunes

Intro: 8 counts Start On Vocals (on word "Nursing") BPM 155 - Rotates CCW left

Section 1: [1- 8] STEP, ½ PIVOT, STEP, STEP, ½ PIVOT, STEP

1 – 2 Step R forward, ½ pivot L
3 – 4 Step R forward, hold/ clap
5 – 6 Step L forward, ½ pivot R
7 – 8 Step L forward, hold /clap

Or Substitute Fwd Coaster & Back Coaster To Take Out The Turn

1 – 4 Step R forward, step L together, step R back, hold
5 – 8 Step L back, step R together, step L forward, hold

Section 2: [9- 16] R. MAMBO FWD, L. COASTER

1– 2 Rock R forward, recover L
3 – 4 Step R back , hold clap
5 – 6 Step L back, step R together ,
7 – 8 Step L forward, hold/ clap

Section 3: [17- 24] HEEL, HOOK, HEEL, TOGETHER, HEEL, HOOK, HEEL TOGETHER

1 – 2 Touch R heel diag forward, hook R across L shin ,
3 – 4 Touch R heel diag forward, step R together step L together
5 – 6 Touch heel diag forward, hook L across R shin
7 – 8 Touch L heel diag forward, step L together

Section 4: [25 – 32] SIDE TOUCH, ¼ SIDE TOUCH, SIDE TOUCH, SIDE TOUCH

1 – 2 Step R side, touch L together
3 – 4 ¼ turn L step L side, touch R together 9.00
5 – 6 Step R side, touch L together
7 – 8 Step L side, touch R together

Repeat

Ending Dance Facing Back wall 6.00

1 – 2 Step R forward, ½ pivot L
3 – 4 Step R forward, hold arms out to both sides and pose□

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