

Can You 2 Step

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Frank Trace (USA) - March 2015
音樂: Pick Me up on Your Way Down - Teea Goans



Alt. music:-

"Memories To Burn" by Teea Goans (123 bpm) - Slower Option

"Jealous Bone" by Patty Loveless (136 bpm)

"What This Country Needs" by Aaron Tippin (140 bpm)

"I Left Something Turned On At Home" by Trace Atkins

Try your favorite "2 step song."

Begin on vocals

STEP DIAGONALLY FORWARD, TOUCH, STEP DIAGONALLY BACK, TOUCH, SLOW COASTER STEP, HOLD

1-4 Step R diagonally forward right, touch L next to R, step L back diagonally left, touch R next to L

5-8 Step R back, step L next to R, step R forward, hold

STEP LOCK FORWARD, STEP, ¼ TURN LEFT, CROSS, HOLD

1-4 Step L forward, step lock R behind L, step L forward, hold

5-8 Step R forward, turn ¼ left, cross step R over L, hold

WEAVE LEFT, ROCK, RECOVER, CROSS, HOLD

1-4 Step L to L side, step R behind L, step L to L side, cross R over L

5-8 Rock L to L side, recover onto R, cross step L over R, hold

REVERSE RUMBA BOX

1-4 Step R to R side, step L next to R, step R back, hold

5-8 Step L to L side, step R next to L, step L forward, hold

BEGIN AGAIN
