

Aw Naw

COPPER KNOB
BY STEPHEN HETS

拍數: 80
編舞者: Cindy Burnett (USA) - May 2015
音樂: Aw Naw - Chris Young

牆數: 4

級數: Phrased Intermediate



Sequence: A, B, A, C, A, B, A, C, A, B, A C, C

A: 16 counts

A1: STROLL, ROCK, RECOVER, TURN, SHUFFLE, CONGA, CROSS, TOUCH, CROSS, STEP

- 1-4 Step right diagonal forward, cross/step left behind, step right to side, step left diagonal forward
- 5-8 Cross/step right behind, step left to side, rock right forward, recover left
- 9-12 Turn ½ right shuffling RLR, step right ¼ turn right, step left forward, turn ½ right and step left beside
- 13-16 Cross/step left over right, point right to side, cross/step right behind left, step left to side

B: 32 counts

B1: R LINDY, ROCKING CHAIR, R KICK BALL CHANGE TWICE

- 1-4 Shuffle to RLR rock left behind, recover right
- 5-8 Shuffle to LRL, rock right back, recover left
- 9-12 Rock right forward, recover left, rock right back, recover left
- 13-16 (Kick right forward, step right beside, step left in place) (Kick right forward, step right beside, step left in place)

B2: TURN ¼ R, ¼ R, CROSS/ROCK, RECOVER, TURN ¼ L, ¼ L, CROSS/ROCK, RECOVER, SIDE STEP, MAMBO, SIDE STEP, MAMBO

- 17-20 Step right ¼ right, step left ¼ right, cross/rock right behind left, recover left
- 21-24 Step right ¼ left, step left ¼ left, cross/rock right over left, recover left
- 25-28 Step right to side, step left together, (rock right to side, recover left, step right together)
- 29-32 Step left to side, step right together, (rock left to side, recover right, step left together)

C: 32 counts

C1: R FIGURE 4, SHUFFLE FWD, L FIGURE 4, SHUFFLE FWD, KICK, PENCIL TURN, SHUFFLE, KICK, TURN, SHUFFLE

- 1-4 Kick right forward, cross right ankle over left knee, shuffle forward RLR
- 5-8 Kick left forward, cross left ankle over right knee, shuffle forward LRL
- 9-12 Kick right forward, bend knee pointing toes back and turn ½ right, kick right forward and shuffle RLR
- 13-16 Kick left forward, bend knee and point toes back and turn ½ left, kick left forward and shuffle LRL

C2: R FIGURE 4, SHUFFLE FWD, L FIGURE 4, SHUFFLE FWD, KICK, PENCIL TURN, SHUFFLE, KICK, TURN, SHUFFLE

- 17-20 Kick right forward, cross right ankle over left knee, shuffle forward d RLR
- 21-24 Kick left forward, cross left ankle over right knee, shuffle forward LRL
- 24-28 Kick right forward, bend knee pointing toes back and turn ½ right, kick forward and shuffle RLR
- 29-32 Kick left forward, bend knee and point toes back and turn ½ left, kick left forward forward and shuffle LRL