

Train With The Blues

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Upper Beginner
編舞者: Cheryl Hosking (AUS) - August 2009
音樂: I'm Blue, I'm Lonesome - Marty Stuart : (Album: Tempted)



Start Position: Feet together - with weight on L foot.

Starts on vocals – counts 48 in. Rotation: Clockwise

HEEL STRUT, HEEL STRUT, HEEL STRUT, PADDLE TURN.

1,2 R heel strut- step R heel forward, drop weight onto ball of R foot,
3,4 L heel strut- step L heel forward, drop weight onto ball of L foot,
5,6 R heel strut- step R heel forward, drop weight onto ball of R foot,
7,8 Paddle turn – step L forward, pivot 90 degrees R - weight on R, (3:00 wall)

ROCKING CHAIR, FORWARD, TOUCH, SIDE, TOGETHER.

1,2,3,4 L rocking chair – step L forward, rock/replace weight back on R, step L back, Rock / replace
weight forward on R,
5,6 Step L forward, touch R beside L,
7,8 Step R to R side, step L beside R,

BACK,CROSS,BACK, TOUCH , SIDE, TOUCH, SIDE, TOUCH.

1,2,3,4 Step R back to R45, step L across in front of R, step R back to R45, touch L beside R,
5,6 Step L to L side, touch R beside L,
7,8 Step R to R side, touch L beside R,

FORWARD, LOCK, FORWARD, TOUCH, VINE R, TOGETHER.

1,2,3,4 Step L forward, step/lock R behind L heel, step L forward, touch R beside L,
5,6,7,8 Vine R – step R to R side, step L behind R, step R to R side, step L beside R.

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REPEAT DANCE IN NEW DIRECTION

Finish: Dance heel struts to the end of music.

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