

Boatdock

COPPER KNOB
STEPPED

拍數: 48 牆數: 2 級數: Improver
編舞者: Jørgen Pedersen - August 2015
音樂: Boatdock by Men of Distinction



Start on vocals

S1: Stomp, Bounce heel x2

1 Stomp up R forward
&2&3&4 Lift and drop R heel x 3
5 Stomp up L forward
&6&7&8 Lift and drop L heel x 3 Style:

S2: Stomp R forward, clap, stomp L forward, clap, Swivel to right

1-2 Stomp R forward, clap
3-4 Stomp L forward, clap
5-6 Swivel Both heel to the L, swivel both toes to right
7-8 Swivel Both heel to the L, swivel both toes to right

S3: R side shuffle, L back rock step, L side shuffle, R back rock step

1&2 Step R to the R, L beside R, step R to the R
3-4 Rock back on L foot, recover onto R
5&6 Step L to the L, R beside R, step L to the L
7-8 Rock back on R foot, recover onto L

S4: ¼ Monterey x 2

1-2 point R to R, ¼ turn R and step R beside L
3-4 point L to L, Step L beside R
5-6 point R to R, ¼ turn R and step R beside L
7-8 point L to L, Step L beside R

S5: side rock, sailor cross x2

1-2 rock R to R, recover on L
3&4 Cross R behind L, step L to L, cross R over L
5-6 rock L to L, recover on R
7&8 Cross L behind R, step R to R, cross L over R

S6: slow military pivot x 2

1-2 step R forward, Hold
3-4 step R forward, Hold
5-6 step R forward, Hold
7-8 step R forward, Hold

Contact: kallevadvej@youmail.dk