

EZ Double XL

COPPER KNOB
STEPMATS

拍數: 32 牆數: 4 級數: Ultra Beginner
編舞者: Pat Newell (USA) - October 2015
音樂: Going Back to Louisiana by Leroy Parnell - 126 bpm



**** Dedicated to all the 80-90 yr old "kids" in my classes. ****

*** Senior Dancing Series* - This dance was created for seniors to improve balance**

Learning patterns: Vines, Step Kicks, Walking forward/back, Touches, Turns, and learning to step on the beat and maintain rhythm.

16 counts intro

Alt. Music: -

Wine, Women and Song by Patty Loveless 16 in / 124 BPM

I'm Gonna Sit Right Down and Write Myself A Letter by Anne Murray - 32 in/134 BPM

Vine R Kick, Step Kick, Step Kick [12:00]

1-4 Step R to R, L behind R, R to side, kick L slightly across R,
5-8 step L to L, kick R slightly across L, step R to R, kick L slightly Across R

Vine L Kick, Step Kick, Step Kick [12:00]

1-4 Step to L to L, R behind L, step L to side, kick R slightly across L,
4-8 Step R to R, kick L slightly across R, Step L to L, kick R slightly across L

Walk forward R, L, R, Kick L (or touch), walk back L, R, L, touch R [12:00]

1-4 Walk forward R, L, R, kick L (or touch depending on balance)
5-8 Walk back L, R, L, touch R beside L

Walk forward R, L, R, Kick L,(or touch) Walk back L, R, L ¼ Left, touch R [9:00]

1-4 Walk forward R, L, R, kick L (or touch depending on balance)
5-8 Walk back L, R, turn ¼ L on L, touch R *turning to L on count 7

***Can do 2 steps R and L instead of vines**

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