

Do A Little Dance

COPPER KNOB
BY STEPHEN COSTA

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Henry Costa (USA) - November 2015
音樂: Get Down Tonight - KC and the Sunshine Band : (CD: Best Of...)



FORWARD RIGHT, FORWARD LEFT, (RUN IN PLACE) RIGHT, LEFT, RIGHT, KICK, BACK, BACK TOUCH, HALF TURN

1-2 forward right, forward left
3&4 Run in place with high knee lifts Right, Left , Right
5-6 Kick forward Left, back left
7-8 back right with a toe touch, ½ turn right stepping down on right

FORWARD LEFT (HIP & HIP), FORWARD RIGHT (HIP & HIP), FORWARD LEFT, FORWARD RIGHT, HEEL SPLIT (2 TIMES)

1&2 forward left with hip bump, right hip bump, left hip bump
3&4 forward right with hip bump, left hip bump, right hip bump
5-6 forward left, forward right
7&8& swivel heels apart (making upside down V), return together, swivel heels apart (making upside down V), return together

HALF MONTEREY TURN, QUARTER MONTEREY TURN

1-2 Touch right to right side, turn ½ turn step right together
3-4 Touch left to left side, step left together
5-6 Touch right to right side, turn 1/4 turn step right together
7-8 Touch left to left side, step left together

CROSS, SIDE, SAILOR SHUFFLE, FRONT, SIDE, BEHIND, SIDE, FRONT

1-2 cross right over left, step side left
3&4 cross right behind left, step left to left side, step right in place
5-6 cross left in front of right, step right to right side
7&8 step left behind right, step right to right side, cross left in front of right.

BEGIN AGAIN

Contact: henrycosta@hotmail.com

WEB SITE: henrycosta.freeyellow.com and facebook: Mr Hopping Mad Henry Costa