

Go With The Quo

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Sandra Speck (UK) - November 2015
音樂: Rockin' All Over the World - Status Quo



Music available from iTunes

Into 24 counts, approx. 11 seconds

S1. HEEL STRUTS

- 1 – 2 Step forward on right heel, drop toe to floor
- 3 – 4 Step forward on left heel, drop toe to floor
- 3 – 4 Step forward on right heel, drop toe to floor
- 5 – 6 Step forward on left heel, drop toe to floor

S2. GRAPEVINE, TOUCH, GRAPEVINE ¼ TOUCH

- 1 – 2 Step right to right side, step left foot behind right
- 3 – 4 Step right foot to side, touch left foot next to right
- 5 – 6 Step left foot to left side, cross right foot behind left
- 7 – 8 Turn ¼ left stepping forward on left foot, touch right foot next to left (9 o'clock)

S3. SIDE TOUCHES WITH ¼ TURN, STEP OUT, OUT

- 1 – 2 Step right foot to side, touch left foot next to right
- 3 – 4 Step left foot to side, making 1/8 turn left, touch right next to left
- 5 – 6 Step right foot to side, making 1/8 turn left, touch left foot next to right
- 7 – 8 Step left foot to left side, step right foot to right side (6 o'clock)

Optional arms:

Count 1-6- As you step right, sway arms to right, as you step to left sway arms to left

S4. SHOULDER MOVES

- 1 – 2 Push left shoulder towards right diagonal and repeat
- 3 – 4 Bring left shoulder back, push right forward, bring right shoulder back, push left forwards
- 5 – 6 Push right shoulder towards left diagonal and repeat
- 7 – 8 Bring right shoulder back, push left forward, bring left shoulder back, push right forwards

For counts 1-8 section 4 place hands on hips

NOTE: This dance can be done as a line dance or contra line dance.

Dancers pass over the right shoulder on the heel struts at the beginning, and have fun doing the shoulder moves facing each other.

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