

It's A Jolly Feeling

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pat Newell (USA) - November 2015
音樂: Holly Jolly Christmas - Alan Jackson



Start: - 8 in/

Senior Dancing Series

Learning: Extended vines, triple steps, rock/recover/monterey turns

Beginner tip: The count throughout the dance is 1, 2, 3,4, 5&6, 7, 8

EXTENDED VINE RIGHT, TRIPLE STEP, ROCK RECOVER

1-4 Step R to side, L behind R, step R to side, step L over R
5&6,7,8 Triple step R, L, R, rock back on L, recover on R 12:00

EXTENDED VINE LEFT, TRIPLE STEP, ROCK RECOVER

1-4 Step L to side, R behind L, step L to side, step R over L
5&6,7,8 Triple step L, R, L, rock back on R, recover on L 12:00

RIGHT MONTEREY TURN, TRIPLE FORWARD, ROCK RECOVER

1-4 Point R to R, turn ¼ R step down on R, point L to side, step tog L 3:00
5&6 7,8 Triple forward R, L, R, rock forward on L, recover on R

ROCK RECOVER, ROCK RECOVER, TRIPLE STEP ROCK RECOVER

1-4 Rock back on L recover on R, rock forward on L, recover on R (4 ct rock chair)
5&6 7,8 Triple back L, R, L, rock back on R, recover on L 3:00

End of Dance

DANCE FOR THE HEALTH OF IT
