

The Mighty Dancer

COPPER KNOB
BY STEPHEN HETS

拍數: 40 牆數: 4 級數: Low Intermediate
編舞者: Derrick Walker (USA) - March 2016
音樂: The Mighty Dancer (feat. Lasairfhíona) - Macdara : (amazon)



Intro: 16 counts. Start on vocal

S1: CROSS STRUT, BACK STRUT, SIDE, ACROSS, SIDE, BEHIND

1-2 Cross Right Toe over Left Foot, Drop Right Heel
3-4 Touch Left Toe back, Drop Left Heel
5-6 Step Right Foot to side, Cross Left Foot over Right
7-8 Step Right Foot to side, Cross Left Foot behind Right

S2: SIDE ROCK, RECOVER, CROSS, HOLD, ¼, ½, ½, HOLD

1-2 Rock Right Foot to Right Side, Recover on Left Foot
3-4 Cross Right Foot over Left Foot, HOLD
5-6 ¼ Right stepping back on Left Foot, ½ Right stepping Right Foot Forward (9:00)
7-8 ½ Right stepping back on Left Foot, HOLD (3:00)

S3: BACK ROCK, RECOVER, ½, HOLD, BACK ROCK, RECOVER, STEP, SCUFF

1-2 Rock Back on Right Foot, Recover on Left Foot
3-4 ½ Left stepping back on Right Foot, HOLD (9:00)
5-6 Rock Back on Left, Recover on Right Foot
7-8 Step Left Foot Forward, Scuff on Right Foot

S4: FULL TURN TRIPLE, HOLD, SIDE, BEHIND, SIDE, ACROSS

1-3 Step Right, Left, Right a Full Turn Left
4 HOLD
5-6 Step Left Foot to side, Cross Right Foot behind Left
7-8 Step Left Foot to side, Cross Right Foot over Left

S5: SIDE, TOUCH, SIDE, BEHIND, SIDE, ACROSS, SIDE ROCK, RECOVER

1-2 Step Left Foot to side, Touch Right next to Left
3-4 Step Right Foot to side, Cross Left Foot behind Right
5-6 Step Right Foot to side, Cross Left Foot over Right
7-8 Rock Right Foot to Right side, Recover on Left Foot

REPEAT

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