

Blue Moon Swamp (Contra)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Beginner
編舞者: Jenifer Wolf (CAN) - March 2016
音樂: Southern Streamline - John Fogerty : (CD: Blue Moon Swamp)



Intro: 32 counts □

(A) □ FOUR HEEL STRUTS

- 1-2 Touch right heel forward, Bring right toe down (weight on right foot)
- 3-4 Touch left heel forward, Bring left toe down (weight on left foot)
- 5-6 Touch right heel forward, Bring right toe down (weight on right foot)
- 7-8 Touch left heel forward, Bring left toe down (weight on left foot)

You will be at the side of the person across from you, slap hands on both sides while passing

(B) □ STEP, TOGETHER, STEP, HOLD, X2

- 1-2 Step right foot forward, Step left foot beside right foot
- 3-4 Step right foot forward, Hold
- 5-6 Step left foot forward, Step right foot beside left foot
- 7-8 Step left foot forward, Hold (take small steps)

(C) □ STEP FORWARD, HOLD, TURN ½ LEFT, HOLD, STOMP, HOLD, STOMP, HOLD

- 1-2 Step right foot forward, Hold (snap your fingers)
- 3-4 Turn ½ left onto left foot, Hold (snap your fingers)
- 5-6 Stomp right foot, hold
- 7-8 Stomp left foot, Hold

(D) CHARLESTON

- 1-2 Touch right toe forward, Hold
- 3-4 Step right foot back, Hold
- 5-6 Touch left toe back, Hold
- 7-8 Step left foot forward, Hold

(E) □ STEP, HOLD, TOGETHER, HOLD, STEP, HOLD, TOUCH, HOLD

- 1-2 Step right foot to right side, Hold
- 3-4 Step left foot beside right foot, Hold
- 5-6 Step right foot to right side, Hold
- 7-8 Touch left foot beside right foot, Hold

(F) □ STEP, HOLD, TOGETHER, HOLD, STEP, HOLD, TOUCH, HOLD

- 1-2 Step left foot to left side, Hold
- 3-4 Step right foot beside left foot, Hold
- 5-6 Step left foot to left side, Hold
- 7-8 Touch right foot beside left foot, Hold

(G) CHARLESTON – Repeat above counts 1-8 in section D

(H) □ STOMP, HOLD & CLAP, STOMP, HOLD & CLAP, SWAY R., HOLD, X2

- 1-2 Stomp right foot slightly forward, Hold & Clap
- 3-4 Stomp right foot slightly forward, Hold & Clap (weight remains on left foot)
- 5-6 Step right foot to right side as you Sway right, Hold
- 7-8 Step left foot to left side as you Sway left, Hold

Begin again

Contra dance, leave out the one restart, just dance and have fun.

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