

Memories Stroll

COPPER KNOB
STEPSHEETS

拍數: 42 牆數: 4 級數: High Beginner
編舞者: Bubba Carl Williams (USA) & Joy Hicks Williams (USA) - July 2016
音樂: Been Around a Long Time - Delbert McClinton & Glen Clark



Intro: 24 beats, start with vocals

S1: Stroll Right Foot

- 1-4 Cross right foot over left, tap toe, bring right foot back tap, cross right foot over left, tap, bring right foot back replace weight.
5-6 Bring left foot behind right, bring right foot back to left with weight

S2: Stroll Left Foot

- 1-4 Cross left foot over right, tap toe, bring left foot back tap, cross left foot over right, tap, bring left foot back replace weight.
5-6 Bring right foot behind left, bring left foot back to right with weight

S3: Twist About

- 1-2 Shag Front Prep Step right foot over left point left foot out (point toe of left foot out)
3&4 Cross left behind right, step right, cross left front across right
5-6 Cross right foot over left (balls of your feet) twist or rotate body 180° ½ wall turn. Place weight on left foot

S4: Cha Cha, Rock Replace

- 1&2 Right foot cha cha cha forward (shuffle, shuffle)
3&4 Left foot cha cha cha forward (shuffle, shuffle)
5-6 Rock forward on right foot, recover weight back on to left foot

S5: Cha Cha, Rock Replace

- 1&2 Right foot cha cha cha back (shuffle, shuffle)
3&4 Left foot cha cha cha back (shuffle, shuffle)
5-6 Rock backward on right foot; recover weight back on to left foot

S6: Front Prep, Syncopated Jazz Box

- 1-2 Shag Front Prep Step right foot over left point left foot out (point toe of left foot out)
3&4 Cross left behind right; step right, cross left front across right
5-6 Cross right foot over left doing a step turn ¼ left. Place weight on left foot

S7: Stroll Walk (Forward)

- 1-2 Step forward on right foot with weight, step left behind right (lock step)
3-4 Step forward on right foot with weight, step forward on left foot with weight
5-6 Step right foot behind left (lock step), step forward on left with weight

Repeat to end
