

Humble and Kind

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Beth Freeland (UK) - July 2016
音樂: Humble and Kind - Tim McGraw



#48 Count Intro

S1: Step, Sweep, Step, Sweep

1,2,3 Step forward right, sweep left forward 2 counts
4,5,6 Step forward left, sweep right forward 2 counts

S2: Rock forward, Hold, Rock Back, Hold

1,2,3 Rock forward onto right lifting left foot back, Hold 2 counts
4,5,6 Rock back onto left lifting right foot in front, Hold 2 counts

S3: Sweep, step, ¼ Sailor left

1,2,3 Sweep right back 2 counts and step on right
4,5,6 Sweep LT back behind RT making ¼ turn left and step, step right to RT side, step LT next to RT, taking weight on left

S4: Sway right, Sway left

1,2,3, Sway right 3 counts taking weight onto right
4,5,6 Sway left 3 counts taking weight onto left.

S5: Rock back, Rock forward

1,2,3 Rock back on right, 3 counts
4,5,6 Rock forward on left, 3 counts

S6: Step ½ turn right, Rock Back, Hold

1,2,3 Step forward right making half a turn left, stepping back on left, step on right
4,5,6 Rock back on left, raising right foot forward and hold.

S7: Step, Sweep, Step, Sweep

1,2,3, Step forward on right, sweep left 2 counts
4,5,6 Step forward on left, sweep right 2 counts

S8: Step, Sweep, Step left, right, left make 1/4 turn right,

1,2,3 Step right forward, sweep left 2 counts
4,5,6 Step left, right, left making a ¼ right.

Enjoy

Contact me at: Bfree714@yahoo.com