

Sorry Baby

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: Pat Newell (USA) - June 2016
音樂: That's the Way Love Is - The Commitments : (32 in)



Alt. : Night after Night by Leroy Parnell - 32 in, 112 bpm

Senior Dancing Series - Learning: Kick ball cross, sailor step, hip swings, slow coaster

KICK BALL CROSS, KICK BALL CROSS, ROCK RECOVER SAILOR STEP

1&2 3&4 Kick R forward, step on R, cross L over R (weight on L)

5-6 7&8 Rock R to R, recover on L, step R behind L, L to side, step R forward

KICK BALL CROSS, KICK BALL CROSS, ROCK RECOVER SAILOR STEP

1&2 3&4 Kick L forward, step on L, cross R over L (weight on R)

5-6 7&8 Rock L to L, recover on R, step L behind R, R to side, step L forward

ROCK RECOVER TRIPLE TO ¼ RIGHT 1/4 PIVOT RIGHT TRIPLE ACROSS

1,2 3&4 Rock R fwd, recover on L, triple (RLR) to ¼ R 3:00

1,2 3&4 Pivot on L to ¼ R, step on R, triple across (LRL) 6:00

HIP SWINGS RIGHT, LEFT, SLOW COASTER STEP

1-4 Step to R, swing hip R, extend L heel to 10:30, swing L hip to L extend R heel to 1:30

5-8 Step R back, step L together with R, step forward on R, step forward on L

No Tags, No Restarts

SMILE AND DANCE FOR THE HEALTH OF IT
