

Care to Dance

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Natasha Ind (UK) - August 2016
音樂: I'm In the Mood for Dancing - The Nolans



Section 1: Step, together, step, touch x2 (swaying as you go)

- 1-4 Step Right foot to right side, step left foot next to right foot, step right foot to right side, touch left toe next to right foot.
- 5-8 Step left foot to left side, step right foot next to left foot, step left foot to left side, touch right toe next to left foot.

Section2: Forward touch, Back Touch, Back Mambo, Back Mambo ¼ left.

- 9-12 Step Right foot forward, touch left toe next to right foot, step left foot back, touch right toe next to left foot.
- 13&14 Step Rock the right foot back, Recover weight onto the left foot, step right foot next to left.
- 15&16 Step rock back the left foot, recover weight onto the right foot, step left foot forward making a ¼ turn left.

Section 3: Rock step Coaster Step, Touches, Behind, Side, Cross

- 17, 18 Rock step forward onto the right foot, recover weight back onto the left foot
- 19&20 Step right foot back, step left foot next to the right foot, step the right foot forward.
- 21, 22 Touch left toe forward, left tot to left side
- 23&24 Step left foot behind right foot, step right foot to right side, step left across right foot.

Section 4: Side Rock, Behind, Side, Cross, Side Rock, Step, Touch.

- 25, 26, Rock step right foot to right side, recover weight onto left foot
- 27&28 Step right foot behind left foot, step left foot to left side, step right foot across left foot.
- 29, 30 Rock step left foot to left side, recover weight onto the right foot
- 31, 32 step left foot to left side, touch right toe next to left side.

Start Again

****Ending: As the music fades you will be facing the back wall, do counts 21,22, then instead of Behind, side cross, finish with a ½ Sailor turn left, so you finish facing the front wall, and why not strike a pose!!**

- 21, 22 Touch left toe forward, to the side
- 23&24 Step left foot Cross right behind left and turn 1/4 left. Step right beside left. Turning left 8 Turn 1/4 left and cross left over right. (12:00).

Enjoy and Smile!

Thank you to Tracey and Teresa for the music suggestion after a shift in a care home together!

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