

J K Boogie

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner / Improver
編舞者: John Sandham (ES) & Krys Myerscough (ES) - September 2016
音樂: Jitterbug Boogie - Albert Lee & Hogan's Heroes
或: any 48 count Rock n Roll



Sec 1: Right Step-slide-step-hold. Left Coaster step Hold

1-2 step forward on right foot-slide left foot up to right.
3-4 step forward on right foot- Hold the 4th count.
5-6 step forward on Left foot-step right beside left.
7-8 step back on left foot.- hold the 8th count.

Sec 2: Right Step-slide-Step-Hold. Left Coaster step hold

1-2 step back on right foot-slide left-back to right foot.
3-4 step back on right foot- hold the 4th count.
5-6 step back on left foot-step right beside right.
7-8 step forward on left foot- hold the 8th count.

Sec 3: Right Toe-Heel-Cross-hold. Left Toe-Heel-Cross-Hold.

1-2 touch right toe to left instep (toe in)-left heel side (toe out)
3-4 cross right foot over left foot- hold with weight on right.
5-6-7-8 repeat 1-4 starting with Left foot.

Sec 4: Right Cross-turn-Step-Hold.Left Cross-turn Step-Hold

1-2 cross right over left-step back on left (making a ¼ turn right)
3-4 step to right side on right- hold the 4th count.
5-6 cross Left over right-step back on right (¼ turn Left)
7-8 step left to left side- hold the 8th count.

Sec 5: Right Kick-Step-Left Kick-Step-Right Coaster step.

1-2 kick right foot forward-step right foot beside left.
3-4 kick left foot forward-step left foot beside right.
5-6 step back on right foot-step left beside right foot.
7-8 step forward on right foot- hold the 8th count.

Sec 6: Left Rock-Turn-Step-Hold. Kick-Step-Kick-Step.

1-2 rock forward on left foot-recover back onto right foot.
3-4 make a ½ turn to left stepping forward on left foot-hold.
5-6 kick right foot forward-step right foot next to left.
7-8 Kick left foot forward-step left foot next to right.

Start over !

No Tags or Restarts ...Have Fun! With this one

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