

Hoosier Beach Boogie

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Pat Esper (USA) - October 2016
音樂: I'm Not Running Anymore - John Mellencamp



Dance Map: 32(intro)-32-32-32-16-32-32...

[1-8]: Triple forward, Rock, Recover, Triple back, Rock, Recover

- 1&2. Step forward on the right foot, Step the left foot next to the right, Step forward on the right foot.
- 3-4. Rock forward on the left foot. Recover onto the right foot.
- 5&6. Step back on the left foot, Step the right foot next to the left, Step back on the left foot.
- 7-8. Rock back on the right foot. Recover on the left foot.

[9-16]: Half turn triple, Half turn triple, Step, Touch, Half turn step, Touch

- 1&2. Step forward on the right foot turning a quarter turn to the left, Step the left foot next to the right, Turn a quarter turn to the left stepping back on the right foot.
- 3&4. Turn a quarter turn to the left stepping the left foot to the side, Step the right foot next to the left, Turn a quarter turn to the left while stepping forward on the left.
- 5-6. Step forward on the right foot. Touch the left foot next to the right.
- 7-8. Turning a half turn to the left and step forward on the left. Touch the right foot next to the left.

[17-24]: Kick-ball-cross, Step, Slide, Kick-ball-cross, Step, Slide

- 1&2. Kick the right foot forward, Step on the ball of the right foot, Step the left foot over the right.
- 3-4. Step the right foot to the side. Slide the left foot next to the right to a touch.
- 5&6. Kick the left foot forward, Step on the ball of the left foot, Step the right foot over the left.
- 7-8. Step the left foot to the side. Slide the right foot next to the left to a touch.

[25-32]: Walking hip bumps making a quarter turn

- 1&2. Step forward on the right foot bumping the hips to the right, Bump the hips to the left, Bump the hips to the right.
- 3&4. Step forward on the left foot turning an eighth turn to the left bumping the hips to the left, Bump the hips to the right, Bump the hips to the left.
- 5&6. Step forward on the right foot turning and eighth turn to the left bumping the hips to the right, Bump the hips to the left, Bump the hips to the right.
- 7&8. Step forward on the left foot bumping the hips to the left, Bump the hips to the right, Bump the hips to the left.

Start again

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