

Room To Breathe

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gwen Walker (USA) - October 2016
音樂: Room To Breathe - Chase Bryant



#16 count into - NO TAGS, NO RESTARTS

This dance was choreographed for My Monday night Beginner Class. They are all a great group to teach and dance with every Monday night.

[1-8] Hip bumps right & left, walk forward , kick.

1-4 Bump hip to right twice, bump hip to left twice.(weight is on left)

(optional: step R to side, touch L, step L to side touch R)

5-8 Walk forward, R, L, R, kick L forward (low kick) (12:00)

[9-16] Walk back, touch, ¼ turn Monterey

1-4 Walk back, L, R, L, touch R beside L.

5-8 Touch R out to side, ¼ to R, bring R beside L, touch L to L side, step L next to R (3:00)

(option: vine right with ¼ turn right, step on L)

[17-24] Vine right & left

1-4 Step R to side, step L behind R, step R to side, touch L beside R.

5-8 Step L to side, step R behind L, step L to side, touch R beside L. (3:00)

(option: Rolling vines for more advance dancers)

[25-32] Rock forward, rock back, weave to Right

1-4 Rock forward on R, recover to L, rock R back, recover to L.

5-8 Step R to side, step L behind R, step R to side, Step L cross R. (3:00)

Have Fun. Dance from the Heart with JOY!

There are several options in the dance to play and have fun for all dancers.

Contact: Gwen Walker (gkwdance@gmail.com)
