

100 Nights (a.k.a Sad Songs)

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數:
編舞者: Javier Rodriguez Gallego (ES) - November 2016
音樂: Sad Songs by Elton John.



WALK BACK TWICE, COASTER STEP, ¼ TURN LEFT SIDE STEP, CROSS, ¼ TURN STEP, ¾ TURN

- 1.- Step back on left
- 2.- Step back on right
- 3.- Step Step back on left
- &.- Step right beside left
- 4.- Step left forward
- &.- ¼ Turn left, Step right to right side
- 5.- Cross left over right
- 6.- ¼ Turn right, Step right forward
- 7.- ½ Turn right, Step left back
- 8.- ¼ Turn right, Step right to right side

KICK BACK TOUCH TWICE, SYNCOPATED SHOULDER AND HIPS MOVEMENT

- 1.- Kick left forward
- &.- Step left back
- 2.- Touch right toe forward
- 3.- Kick right forward
- &.- Step right back
- 4.- Touch left toe forward
- 5.- Shoulders and hips back
- &.- Shoulders and hips forward
- 6.- Shoulders and hips back , bending slightly knees
- &.- Shoulders and hips forward
- 7.- Shoulders and hips back
- &.- Shoulders and hips forward
- 8.- Shoulders and hips back, bending slightly knees

TOUCH, ½ TURN, WALK BACK TWICE, BEHIND, SIDE, CROSS, ½ TURN

- 1.- Touch left behind
- 2.- ½ turn left (Weight ends on right foot)
- 3.- Step left back
- 4.- Step right back
- 5.- Cross left behind right
- &.- Step right to right side
- 6.- Cross left over right
- 7.- ¼ turn left, Step right back
- 8.- ¼ turn left, Step left to left side

VAUDEVILLE, TOGETHER, CROSS, ½ TURN, SHUFFLE LEFT, ROCK FWD, STEP BACK

- 1.- Cross right over left
- &.- Step left to left side
- 2.- Touch right heel diagonally forward
- &.- Step right beside left
- 3.- Cross left over right
- 4.- ¼ turn left, step right back
- 5.- ¼ turn left, step left to left side

- &.- Step right beside left
- 6.- Step left to left side
- 7.- Rock forward on right
- &.- Recover onto left
- 8.- Step right back

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