

The Dock of The Bay

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 2 級數: Beginner / Improver

編舞者: Debra Ciavarella (AUS) - January 2017

音樂: (Sittin' On) The Dock of the Bay - Otis Redding : (Album: The Definitive Soul Collection: Dock of the Bay 1992 - iTunes)



INTRO: 16 Counts in on vocals 2.41 min

Weight on Left, No Tags or Restarts

SEC. 1: R DOROTHY, L DOROTHY, R CROSS ½ UNWIND L, R HEEL GRIND

1-2& R Dorothy: step R forward 45% R, lock L behind R, step R together,
3-4& L Dorothy: step L forward 45% L, lock R behind L, step L together,
5-6 R Cross R foot over L, pivot ½ left, right unwind weight on L,
7-8 R Step R heel forward grind heel, step back onto L. (6:00)

SEC. 2: R BACK ROCK, R SKATE, L SKATE, R SAILOR, L ¼ SAILOR TURN L

1-2 R Step R back, rock forward onto L,
3-4 R Skate R forward, Skate L forward,
5&6 R Behind L, L beside R, R next to L,
7&8 L Turn ¼ left L behind R, R beside L, L next to R. (3:00)

SEC. 3: R PIVOT ½ L, R SHUFFLE FWD, L PIVOT ½ R, L SHUFFLE FWD

1-2 R Pivot turn L: step R forward, turn ½ L take weight onto L,
3&4 R Shuffle forward R L R,
5-6 L Pivot turn R: step L forward, turn ½ R take weight onto R,
7&8 L Shuffle forward L R L. (3:00)

SEC. 4: R KICK BALL CHANGE X 2, R WALK ¾ CIRCLE LEFT DIRECTION R,L,R,L.

1&2 R Kick R forward, step R together, step L beside R,
3&4 R Kick R forward, step R together, step L beside R,
5-6 R Step R forward, step L slightly less ¼ L,
7-8 R Step R slightly less ¼ L, step L slightly less ¼ L (6:00)

Music fades facing the front!!

REPEAT

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