

Margarita Monday

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Pat Newell (USA) - August 2017
音樂: One Margarita Away - Doug Luther



For my Monday beginner class

Senior Dancing Series

Learning: Rumba box, Charleston, triple steps, rock recover, recover to ¼ wall, hip bumps

Start when he sings "One" No Tags, No Restarts

RIGHT LEAD RUMBA BOX

1-4. Step right to right, step left together , step right back, touch left next to right
5-8 Step left to left, step right together, step left forward, touch right next to left

CHARLESTON 2 TIMES

1-4 Step forward on right, kick left forward, step back on left, touch right beside L
5-8 Step forward on right, kick left forward, step back on left, touch right beside L

TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT, ROCK RECOVER TO ¼ RIGHT

1&2, 3,4 Triple to the side right, left right, rock back on left, recover on right
5&6 7,8 Triple to the side left, right left, rock back on right, turning ¼ right, recover on L

DOUBLE HIP BUMPS RIGHT AND LEFT AND REPEAT

1-4 Bump hips right 2 times, bump hips left 2 times
5-8 Bump hips right 2 times, bump hips left 2 times

Start again

Dance for the health of it
