

Beating On My Lonely Drum

COPPER KNOB
BY STEPHEN MITCHELL

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ansa Bingham (SA) - September 2017
音樂: Lonely Drum - Aaron Goodvin



(Intro: 40 counts) – start on lyrics

S1: STOMP, BOUNCING HEAL UP AND DOWN // FWD ROCK RECOVER BACK SHUFFLE

1, 2, 3, 4 Stomp right foot fwd (1), bounce heal (2,3,4) taking weight on right foot on count 4.
5, 6, 7, 8 Rock fwd on L (5), recover back on R (6), shuffle back L-R-L (7&8)

S2: BACK ROCK, RECOVER, FORWARD SHUFFLE // STEP, ¼ TURN, CROSS SHUFFLE

1, 2, 3, 4 Rock back on right foot (1), recover on L, and forward shuffle R-L-R (3&4)
5, 6, 7, 8 Step L foot forward (5), ¼ turn right recovering on right foot (6) and cross shuffle (stepping cross, side, cross) L-R-L (7&8).

S3: RIGHT GRAPEVINE & TOUCH // LEFT GRAPEVINE & TOUCH

1, 2, 3, 4 Step R foot to right (1), step L slightly behind R (2), Step right foot to the right (3), touch L foot next to R(4)
5, 6, 7, 8 Step L foot to the left (5), step R slightly behind L (6), Step L foot to the left (7), touch R next to L

S4: ¼ PIVOT TURNS X 2 // ROCKING CHAIR

1, 2, 3, 4 Step R forward (1) Turn ¼ left shifting weight to L (2) Step R forward (3); Turn ¼ left shifting weight to L (4)
5, 6, 7, 8 Rock fwd on R (5), recover on L (6), rock backward on R (7), recover on L (8)

End of dance, start again

EASY 8-COUNT TAG at the end of wall 3, then start the dance again at 03:00

Step R forward rock, recover on left and shuffle back R-L-R
Step L back rock, recover on R, fwd shuffle L-R-L

Easy beginner dance that can be danced alongside with Improvers with a floor split to Lonely Drum choreographed by Darren Mitchell.
