

In & Out Of Trouble

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Patsy Long - March 2017
音樂: Get My Name - Mark Ballas : (iTunes)



#32 count intro.

Thanks to Susan & Aimee for your good advice.

Section 1: Step Back & Drag, Step, Step, Toes Struts

1-2 Step back on Rt., Drag Lf. back (Weight on Rt.)
&-3-4 Step Lf. next to Rt., Step forward on Rt.-Lf.
5&6 Rt. Toe, & Hip bump, Drop heel
7&8 Lf. Toe, & Hip bump, Drop heel (12)

Section 2: Kick Ball Point 2x, Jazz Box With Cross

1&2 Rt. Kick ball point to side with Lf. toe
3&4 Lf. Kick ball point to side with Rt. toe
5-8 Cross Rt. over Lf., Step back onto Lf., Step Rt. back next to Lf., Cross Lf. over Rt. (12)

Section 3: Side Shuffle, Rock Back, 1/4 Shuffle, Rock Back

1&2 Side shuffle Rt. Rt.-Lf.-Rt.
3-4 Rock back onto Lf., Recover onto Rt.
5&6 1/4 Shuffle Rt., Lf.-Rt.-Lf.
7-8 Rock back onto Rt., Recover onto Lf. (3)

Section 4: 1/4 Pivot With Hip Rolls 2x, Cross, Lf. Point to side, Step Forward, Touch Rt, Next To Heel

1-2 Step forward onto Rt., Pivot 1/4 Lf.
3-4 Repeat (9)
5-6 Cross Rt. over Lf., Point Lf. to side
7-8 Step forward onto Lf., Touch Rt. toe next to Lf. heel (9)

Let's Dance!

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