

Absolute - Lonely Drum - AB

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Agnethe Hansen (DK) - November 2017
音樂: Lonely Drum - Aaron Goodvin : (iTunes)



Intro: 40 counts

Stomp forward, bounce, bounce, bounce – Stomp forward, bounce, bounce, bounce

1 – 4 Stomp forward on right, bounce right heel up and down 3 times take weight on right
5 – 8 Stomp forward on left, bounce left heel up and down 3 times take weight on left

Restart on wall 3

Walk forward, touch – Walk forward, touch – Walk back, touch – Walk back, touch

1 – 2 Walk forward on right, touch left beside right
3 – 4 Walk forward on left, touch right beside left
5 – 6 Walk back on right, touch left beside right
7 – 8 Walk back on left, touch right beside left

Slow chasse to right, touch – Slow chasse to left, touch

1 – 2 Step right to right side, step left beside right take weight on left
3 – 4 Step right to right side, touch left beside right
5 – 6 Step left to left side, step right beside left take weight on right
7 – 8 Step left to left side, touch right beside left

Step forward, hold – ¼ turn left, hold – Step forward, hold – ¼ turn left, Hold

1 – 2 Step forward on right, Hold
3 – 4 ¼ turn left on ball, hold with weight on both feet
5 – 6 Step forward on right, hold
7 – 8 ¼ turn left on ball, hold with weight on both feet

This dance is for Absolute Beginner, you can add a Restart on wall 3, just dance the first 8 counts again.
