

The Balad Yoko N John

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ema Ambunsuri (INA) - March 2018
音樂: The Ballad of John and Yoko - The Beatles



START ON LYRICS

SESSION 1. WALK,WALK,WALK,WALK, TWIST,TWIST,TWIST

1-2-3-4 Walk R-L-R-L
5-6-7-8 Twist L-R-L-R

SESSION 2. STEP BACK DIAGONAL LEFT, TOUCH BESIDE, STEP BACK DIAGONAL RIGHT, TOUCH BESIDE, STEP BACK DIAGONAL LEFT, TOUCH BESIDE, STEP BACK DIAGONAL RIGHT, TOUCH BESIDE

1-2 Step L Back Left, Touch R Beside L
3-4 Step R Back Right, Touch L Beside R
5-6 Step L Back Left, Touch R Beside L
7-8 Step R Back Right, Touch L Beside R

SESSION 3. GRAPEVINE LEFT, STEP SIDE TOUCH TO TOE, FORWARD TO TOE, STEP SIDE TOUCH TO TOE, FLICK, GRAPEVINE RIGHT,STEP SIDE TOUCH TO TOE ,FORWARD TO TOE, STEP SIDE TOUCH TO TOE, FLICK

1-2-3-4 Step L Side , Cross R Behind L ,Step L Side , Step R Touch To Toe
5-6-7-8 Step R Side Touch To Toe, Forward R Touch To Toe, Step R Side Touch To Toe, Flick R

SESSION 4. GRAPEVINE RIGHT, STEP SIDE TOUCH TO TOE, FORWARD TO TOE, STEP SIDE TOUCH TO TOE, FLICK

1-2-3-4 Step R Side, Cross L Behind R, Step R Side, Step R Touch To Toe
5-6-7-8 Step L Side Touch To Toe, Forward L To Toe, Step L Side Touch To Toe, Flick L

SESSION 5. JAZZ BOX TURN, JAZZ BOX

1-2 Cross L Over R (Turn 1/4 Left)Step R Back
3-4 Step L To Side, Step R Forward
5-6 Cross L Over R, Step R Back
7-8 Step L To Side , Step R Close Together

SESSION 6. STEP FORWARD TO TOE, SIDE TOUCH TO TOE, BACK , STEP SIDE , FORWARD.STEP FORWARD TO TOE, SIDE TOUCH TO TOE, BACK, STEP SIDE, FORWARD

1-2 Step R Forward To Toe, Step R Side Touch To Toe
3&4 Step R Back, Step L Together, Forward R
5-6 Step L Forward To Toe, Step L Side Touch To Toe
7&8 Step L Back, Step R Together, Forward L

SESSION 7. PADLE TURN 1/4 LEFT, PADLE TURN 1/4 LEFT CROSS, STEP SIDE,KICK, IN PLACE

1-2 Step R Forward, Turn 1/4 Left
3-4 Step R Forward, Turn 1/4 Left
5-6 Cross R Over L , Step L Side
7-8 Kick R Diagonal Right, In Place R

SESSION 8. CROSS, STEP SIDE, KICK IN PLACE, FORWARD, TOUCH TO TOE, STEP BACK, TOUCH TO TOE

1-2 Cross L Over R, Step R Side
3-4 Kick L Diagonal Left, In Place L

5-6 Step R Forward, Touch To Toe L Behind R
7-8 Step L Back , Touch To Toe R In Front L

TAG : Shimmy - Shimmy 1-2-3-4 on wall 4 after 40 counts and then restart

Contact: ema.ambunsuri@gmail.com
