

Rundt Neste Sving / Next Turn

COPPER KNOB
BY STEPHEN

拍數: 24 牆數: 4 級數: Beginner / Improver
編舞者: Karianne Heimvik (NOR) - June 2018
音樂: Rundt neste sving - Rotlaus



(1-8) right side step, touch, left side step, touch, slow chasse

1,2,3,4 ; step R to right, touch L next to R, step L to left, touch R next to L
5,6,7,8 ; step R to right, step L next to R, step R to right, touch L next to R

(for improver: 1-4 as is

5,6,7,8 ; ¼ turn to right stepping fwd on R, ½ turn to right stepping back on L, ¼ turn to right stepping R to right, touch L next to R)

(9-16) left side step, touch, right side step, touch, slow chasse

1,2,3,4 ; step L to left, touch R next to L, step R to right, touch L next to R
5,6,7,8 ; step L to left, step R next to L, step L to left, touch R next to L

(for improver: 1-4 as is

5,6,7,8 ; ¼ turn to left stepping fwd on L, ½ to left stepping back on R, ¼ turn to left stepping L to left, touch R next to L)

(17-24) right side step, touch, left side step, touch, step back, touch, ¼ turn, touch

1,2,3,4 ; step R to right, touch L next to R, step L to left, touch R next to L
5,6 ; step back on R, touch L next to R
7,8 ; ¼ turn to left stepping fwd on L, touch R next to L

Start dance again!

Optional arms: if you want arm movements can be added:

On count 21 (stepping back) and 23 (stepping fwd ¼ turn); clap your hands

On the side steps, move your arms over your head, from side to side on the side steps count. (1&3)

On the slow chasse, move your arms over your head, from side to side, slowly. Start on count 5 and finish on count 8.

The arms move the same way as your feet.

Check out the demo video. Beginner level is danced the first 4 walls, the next 4 is danced with the optional arms and last 4 walls is danced at improvel level.

Enjoy and remember to smile