

Ocala Two-Step

COPPER KNOB
BY STEPHEN T. C.

拍數: 32 牆數: 4 級數: Beginner
編舞者: Art Ticknor (USA) - August 2018
音樂: Aw Naw - Chris Young



Note: The nightclub two-step is for all varieties of slower, club-dance music. The style is smooth, not bouncy.

BASIC CLUB TWO-STEP: R then L

1-2 Rock back on R, recover on L) smooth,
3-4 Wide step R, hold) not bouncy
5-6 Rock back on L, recover on R) smooth,
7-8 Wide step L, hold) not bouncy

MAMBO FORWARD, TWO-STEP TURN

1-2 Slide R forward, recover on L
3-4 Slide R next to L, hold
5-6 Rock back on L, step R
7-8 Step L forward 1/4 turn left, hold

BASIC CLUB TWO-STEP: R then L

1-2 Rock back on R, recover on L) smooth,
3-4 Wide step R, hold) not bouncy
5-6 Rock back on L, recover on R) smooth,
7-8 Wide step L, hold) not bouncy

TWO-STEP LUNGE: R then L

1-2 Step R to right (slightly back), cross L over R
3-4 Step R, hold
5-6 Step L to left (slightly back), cross R over L
7-8 Step L, hold

REPEAT

Contact: ticknor.art@gmail.com
