

Blame It on the Parkinson's

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Wendy Haggerty (USA) - June 2017
音樂: Blame It On the Parkinson's - Mitch Faile



Intro: 32 ct (after "Don't Blame it on the Whiskey")

SIDE TOGETHER SIDE TOUCH, SIDE TOGETHER SIDE TOUCH

1-4 Step right foot to right side, step left beside, step right to right side, touch left beside right
5-8 Step left foot to left side, step right beside, step left to left side, touch right beside left

Restart here after wall 12 (6:00) Dance 8 counts then restart

ELVIS KNEES

1,2 pop right knee in, touch left hand to right thigh
3,4 pop left knee in, touch right hand to left thigh
5,6 pop right knee in, touch left hand to right thigh
7,8 pop left knee in, touch right hand to left thigh
Restart here after wall 7 (6:00) Dance 16 counts then restart

TWIST DOWN AND TWIST UP

1-4 Twist at waist, swiveling down
5-8 Twist at waist, swiveling up

COWBOY WALK ¼ Turn left

1,2 Step right foot forward
3,4 Step left foot 1/8 turn to left
5,6 Step right foot 1/8 turn to left
7,8 Step left beside right

Give this walk attitude! Put hands on waist and with chest high and high knees walk ¼ turn left

NOTE: this dance was choreographed as a showcase dance at Moving Day Atlanta 2017 which is an annual event in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.

The 2 restarts may be taken out and dance through without restarts. It then gets off phrase a bit but is perfect for large audiences.

All rights reserved. Please do not alter this step sheet in any way. If you would like to use it on your website please make sure it is in its original format and include all contact details on this script.
Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.ZestYogaAndFitness.com