

Only Sixteen AB

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Annemaree Sleeth (AUS) - January 2019
音樂: Only Sixteen - Dr. Hook : (Album: Dr Hook, Premium Gold Collection)



Intro: 8 Counts Start Of The Word " Only" Dance Rotates Acw

S1 [1 – 8] ½ R RHUMBA FORWARD, ½ L RHUMBA FORWARD

1 - 2 Step Right Side, Step Left Together
3 - 4 Step Right Forward, Hold
5 - 6 Step Left Side, Step Right Together
7 - 8 Step Left Forward, Hold

S2 [9 – 16] ROCK RECOVER, ¼ R SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS (Ext Weave)

1 - 2 Rock Right Forward, Recover Left
3 - 4 Turn ¼ Right Step Right Side, Cross Left Over Right 3.00
5 - 6 Step Right Side , Cross Left Behind Right
7 - 8 Step Right Side, Cross Left Over Right

S3 [17 – 24] POINT, CROSS, POINT, BACK, POINT, BACK, POINT, TOGETHER

1 - 2 Point Right Out Side , Cross Right Over Left
3 - 4 Point Left Out Side , Step Left Back
5 - 6 Point Right Out Side , Step Right Back
7 - 8 Point Left Out Side , Step Left Together

S4 [25– 32] 4 TINY PIVOTS (PADDLE TURNS)

1 - 2 Step Right Forward, Pivot 1/8 Left
3 - 4 Step Right Forward, Pivot 1/8 Left 12.00
5 - 6 Step Right Forward, Pivot 1/8 Left
7 - 8 Step Right Forward, Pivot 1/8 Left 9.00

Dance Ends To The Front:. Step Forward Wave Both Hands in the air for fun

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