

More Today than YESTERDAY

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Val Saari (CAN) - January 2019
音樂: More Today Than Yesterday - Spiral Staircase



RF ROCKING CHAIR, MAMBO RIGHT ("t" step), CLAP

1-2 Rock RF forward, Recover Left
3-4 Rock RF back, Recover Left
5-6 RF Rock side right, LF recover
7-8 RF close together beside L, Clap hands

LF ROCKING CHAIR, MAMBO LEFT ("t" step), CLAP

1-2 Rock LF forward, Recover Right
3-4 Rock LF back, Recover Right
5-6 LF Rock side left, RF recover
7-8 LF close together beside R, Clap hands

HEEL STRUTS, TOE-STRUTS, MAKING 1/4 TURN TO RIGHT ("ARC" PATTERN)

1-4 Step RF forward Heel-Toe, Step LF heel forward Heel-Toe
5-8 Step RF forward on toe, Step down on heel/ Step LF forward, Step down on heel

HEEL SWITCHES BACK X 4 (R,L,R,L)

1-2 Touch R Heel forward on floor, Step RF back
3-4 Touch L Heel forward on floor, Step LF back
5-6 Touch R Heel forward on floor, Step RF back
7-8 Touch L Heel forward on floor, Step beside R

REPEAT - No Tags, No Restarts

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