

Without Lo-o-ve, Ooh..

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Val Saari (CAN) - February 2019
音樂: Long Train Runnin' - The Doobie Brothers



(One EZ Restart)

CHARLESTON STEPS X 2

1-2 Step RF forward, Kick LF forward
3-4 Step LF back, Touch RF back
5-6 Step RF forward, Kick LF forward
7-8 Step LF back, Touch RF back

RF ROCK/RECOVER, TURNING SHUFFLES (1/2 R, 1/2 R), RF ROCK BACK

1-2 Rock RF forward, recover LF
3&4 Shuffle back RLR Pivot 1/2 R
5&6 Shuffle back LRL Pivot 1/2 R (12:00)
7-8 Rock RF back, recover LF

RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

1-2 Rock RF forward, Recover LF
3&4 Rock RF back, Recover LF, Step RF beside left
5-6 Rock LF forward, Recover RF
7&8 Rock LF back, Recover RF, Step LF beside right

MAMBO RIGHT, CHA CHA CHA, CROSS MAMBO CHA-CHA-CHA PIVOT 1/4 L

1-2 RF Rock side right, LF recover
3&4 Step RF beside Left, Step LF in place, Step RF in place (cha, cha, cha)
5-6 LF Cross over R, RF Recover weight
7&8 Pivot 1/4 L shuffle, Left-Right-Left (cha, cha, cha)

TOE-STRUTS & FINGER SNAPS MAKING 1/2 TURN TO RIGHT ("ARC" PATTERN)

1-4 Step RF forward on toe, Step down on heel & Snap fingers/ Step LF forward, Step down on heel & Snap fingers
5-8 Step RF forward on toe, Step down on heel & Snap fingers/ Step LF forward, Step down on heel & Snap fingers***

MAMBO RIGHT, MAMBO LEFT

1-4 RF Rock side right, LF recover, RF close together beside L & hold
5-8 LF Rock side left, RF recover, LF close together beside R & hold

Note: *** One EZ RESTART: Near the end the music slows & pauses(2:42) and the dancers should pause as well as we hear "ooooh, where would you be now?" (You might point at each other as if asking a question, or maybe raise your hands palm up)

As soon as the guitar begins (2:47), then you RESTART

REPEAT - No Tags

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