

Sunflower

COPPER KNOB
BY STEPHEN

拍數: 24 牆數: 4 級數: Absolute Beginner
編舞者: Celia Stevens (NZ) - March 2019
音樂: Sunflower - Glen Campbell : (Album: The Very Best of Glen Campbell)



Intro: 32 Counts

S:1 [1-8] FWD, TOG, HEEL SPLIT, FWD, TOG, HEEL TWIST

1-2 Step R forward, Step L beside right
3-4 Fan both heels apart, Close both heels together weight ends on R
5-6 Step L forward, Step R beside left
7-8 Twist both heels left, Return both heels to centre

****RESTART Wall 5 & Wall 10 both facing 12 o'clock**

S:2 [9-16] SIDE, KICK, SIDE, KICK, VINE R

1-2 Step R side, Kick L across right
3-4 Step L side, Kick R across left
5-8 Step R side, Cross/step L behind right, Step R side, Touch L beside right

S:3 [17-24] ¼ VINE, ROCKING CHAIR

1-4 Step L side, Cross/step R behind left, Turn ¼ left Stepping L forward, Scuff R forward 9.00
5-8 Rock/step R forward, Recover weight on L, Rock/step R back, Recover weight on L

[24] REPEAT & ENJOY!

RESTARTS:-

On Wall 5 [12.00] Dance up to Count 8 S:1 then Restart from the beginning.

On Wall 10 [12.00] Dance up to Count 8 S:1 then Restart from the beginning.

#Note: I wrote this dance for my absolute beginners who love country music, there really should not be any Tags or Restarts for absolute beginner dances. However, using this music, the dance works out really well for both the Restarts to fall on the front wall both times. Therefore, they are able to see clearly following the instructor each time.

Hope you all like it, Cheers Celia

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