

Just a Family Affair

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pat Newell (USA) - May 2019
音樂: Family Affair - Mary J. Blige



Senior Dancing Series

FOUR TRIPLES BACK (turn body slightly to direction of lead foot)

1&2, 3&4 Triple back R, L, R, L, R, L
5&6, 7&8 Triple back R, L, R, L, R, L

ROCK AND STEP, STEP LOCK STEP ¼ PIVOT LEFT, CROSS ROL, ROCK REC CROSS LOR - 9:00

1&2 3&4 Rock back on R, recover on L, step fwd on R, step fwd on L, lock R behind L, step L fwd
5&6, 7&8 Step fwd on R, turn ¼ to L, step on L, cross Rover L, rock L to L, step on R, cross L OR

TRIPLE ½ TO RIGHT(3:00), TURNING TRIPLE TO ½ (9:00), COASTER STEP, ROCK AND CROSS

1&2, 3 &4 Triple ½ R, triple around ½ R (9:00) RLR, LRL
5&6, 7&8 Step back on right step tog on L, step fwd on R, rock L to L, step on R, cross LOR

QUICK STEPS RIGHT AND LEFT

1&2&3&4 R, L, R, L, R, L, R
5&6&7&8 L, R, L, R, L, R, L

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Dance for the health of it
