

AB T. I. E

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Absolute Beginner
編舞者: Janet Cummings (USA) - May 2019
音樂: Take It Easy - Eagles : (Remastered 2013)



No Tags or Restarts

SECTION 1: SLOW SIDE MAMBOS, RIGHT AND LEFT

1, 2, 3, 4 R Rock to Side, Return Weight to L; R Step Together, L Touch
5, 6, 7, 8 L Rock to Side, Return Weight to R, L Step Together, R Touch

SECTION 2: K STEP

1-4 R Step Forward Diagonal, L Touch; L Step Back Diagonal, R Touch
5-8 R Step Back Diagonal, L Touch; L Step Forward Diagonal, R Touch

SECTION 3: RIGHT GRAPEVINE, LEFT GRAPEVINE

1, 2, 3, 4 R Step to Right, L Step Behind, R Step to Right, L Touch
5, 6, 7, 8 L Step to Left, R Step Behind, L Step to Left, R Touch

SECTION 4: SLOW FRONT MAMBO, SLOW BACK MAMBO

1, 2, 3, 4 R Rock Forward, Return Weight to L, R Step Together, L Touch
5, 6, 7, 8 L Step Back, Return Weight to R, L Step Together, R Touch

Begin again with Section 1

Note: Dancers: Learning Line Dance Terminology is paramount to your success.

Instructors: This is, and was intended to be a 1-Wall Absolute Beginner dance. Feel free to compensate for 2 or 4 Wall.

Just to Note: I do all of these AB dances in my bi-weekly Intermediate classes, and usually by adjusting the last section (2 or 4 steps) I can make them interesting and fun 4-Wall dances; Email me if I can help. To be clear, for this series...I am not in competition for Beginner+ Dances, tens of thousands already exist; Let's help the rest to get there!

Studies show that Dance enhances Physical and Mental health! Lord, keep moving us a step at a time. Amen

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