

Baby Westie

COPPER KNOB
STEPMATS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Steve Cavanaugh (USA) - June 2019
音樂: After Party - Koffee Brown
或: Any West Coast Swing song



Alt. Tracks:-

Take It Back by Reba McEntire;

Are You Ready 2 Luv (feat. Bruce Billups) by Lebrado;

Evil Girl by Scooter Lee

[1-8] WALK FWD 2X, TOUCH R BEHIND L, STEP BACK R, WALK BACK 2X, 1/4 SAILOR TO L*

1-4 Step fwd R, Step fwd L, Touch R behind L, Step back R

5-6, 7&8 Step back L, Step back R, Step L behind R, 1/4 turn to L stepping R to side, Step L to side

*variation for beginners: 1/4 turn L shuffle (1/4 turn to L stepping L to side, step R together, Step L to side)

[9-16] REPEAT 1-8

1-4 Step fwd R, Step fwd L, Touch R behind L, Step back R

5-6, 7&8 Step back L, Step back R, Step L behind R, 1/4 turn to L stepping R to side, Step L to side

[17-24] LINDY RIGHT, LINDY LEFT

1&2, 3-4 Step R to side, Step L together, Step R to side, Rock L behind R, Recover weight on R

5&6, 7-8 Step L to side, Step R together, Step L to side, Rock R behind L, Recover weight to L

[25-32] SHUFFLE FWD, ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER

1&2, 3-4 Step R fwd, Step L beside R, Step R fwd, Rock fwd on L, Recover weight on R

5&6, 7-8 Step L back, Step R beside L, Step L back, Rock back on R, Recover weight on L

There's plenty of opportunity in these steps for a more seasoned dancer to add variations, such as making a syncopated anchor step on counts 3&4/11&12 or making a full turn on counts 5-6/13-14.

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