

My Song

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Bev Bickhoff (AUS) & Jo Rosenblatt (AUS) - July 2019
音樂: My Song (feat. Sam Palladio, Jonathan Jackson & Clare Bowen) - Nashville Cast
: (Album: The Music of Nashville, Original Soundtrack Season 3, Vol 2)



Start: 32 Count Intro – start on “Heaven knows ...”

[1-8] Forward, Rock, ½ Turn Shuffle, Step, Pivot, Shuffle

1 2 Step R forward, Rock/Recover back onto L
3&4 Turning 180° over right shoulder shuffle forward: R L R (6)
5 6 Step L forward, Turn 180° right step R forward (12)
7&8 Step L forward, Step R beside left, Step L forward

[9-16] Cross, Hold, Step, Cross Shuffle, Side, Rock, Behind-Side-Cross

1 2& Cross R over left, Hold, Step L to left
3&4 Shuffle R across in front of left: R L R
5 6 Step L to left, Rock/Recover onto R
7&8 Step L behind right, **Step R to right, Step L over right

[17-24] ¼ Forward, Together, Kick-Ball-Forward, Forward Mambo, Back Mambo

1 2 Turn 90° right step R forward, Step L beside right (3)
3&4 ## Kick R forward, Step R beside left, Step L forward ##
5&6 Step R forward, Rock/Recover back on L, Step R back
7&8 Step L back, Rock/Recover forward on R, Step L forward

[25-32] Side-Rock-Cross, Side-Rock-Cross, Paddle Turn, Paddle Turn

1&2 Step R to right, Rock/Recover onto L, Cross R slightly forward over left
3&4 Step L to left, Rock/Recover onto R, Cross L slightly forward over right
5 6 Step R forward, Turn 90° left step L to left (12)
7 8 Step R forward, Turn 90° left step L to left (9)

Restart: Wall 5: Dance up to Count 20 ## and restart at 3 o'clock.

Finish: Wall 8: The music slows down so complete the following slowing with the music to end at the front wall.

Dance the first 15 counts ** then turn ¼ turn to the right and step R forward (&), Step L forward (16) to end at the front wall.

Free to be copied provided no changes are made to the original choreography.

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