

Woodstock Rising

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pat Newell (USA) - August 2019
音樂: Bad Moon Rising by Creedence Clearwater



A Celebration of Woodstock

Senior Dancing Series

8 in

Learning: heel touch, heel stand, curtsy step, ¼ turn w hitch, vine, rocking chair

RIGHT HEEL TOUCH, HEEL STAND, LEFT HEEL STAND, RIGHT CURTSY

1-4 Touch R heel fwd, touch R toe back, touch R heel forward, step on R foot

5-8 Touch L heel fwd, step on left, touch R behind L, step on R

LEFT HEEL STAND, STOMP R 2 TIMES, RIGHT HEEL STAND STOMP L 2 TIMES

1-4 Touch L fwd, step on L, stomp R beside L 2 times

5-8 Touch R fwd, step on R, stomp L beside R 2 times

STEP TOGETHER, STEP, TURN ¼ LEFT HITCH RIGHT LEG, WALK BACK R, L, R TOUCH LEFT

1-4 Moving forward step L, together R, Step on L, hitch R to ¼ L - 9:00

5-8 Walk back R, L, R, touch L

LEFT VINE, TOUCH ROCKING CHAIR - 9:00

1-4 Step left to side, right behind L, step L to side, touch R

5-8 Rock fwd on R, recover on L, rock back on R, recover on L

Begin again

DANCE FOR THE HEALTH OF IT
