

Post Modern Swing

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Billy Crase (USA) & Carla Willis-Crase (USA) - October 2019
音樂: The Middle (feat. Blake Lewis) - Scott Bradlee's Postmodern Jukebox : (iTunes)



Begin after 16ct. on the vocal.

No Tags or Restarts (you're welcome)

Shuffle R rock recover. Shuffle L rock recover

1&2 Step right to right side(1) Step left next to right(&) Step right to right side(2)
3-4 Rock left back(3) Recover onto right(4)
5&6 Step left to left side(5) Step right next to left(&) Step left to left side(6)
7-8 Rock back right(7) Recover onto left(8)

Toe Heel Struts Right and Left. Rocking chair

1-2 Step forward on right toe(1) Drop right heel(2)
3-4 Step forward left toe(3) Drop left heel(4)
5-6 Rock forward on right(5) Recover onto left(6)
7-8 Rock back on right(7) Recover onto Left(8)

Step Pivot 1/2 Step Pivot 1/4 Rocking chair

1-2 Step right forward(1) Pivot 1/2 turn left(2) weight on left
3-4 Step right forward(3) Pivot 1/4 turn left(4) weight on left
5-6 Rock forward on right(5) Recover onto left(6)
7-8 Rock back on right (7) Recover weight on left (8)

Kickball change Kickball change Step pivot 1/4 Step pivot 1/4

1&2 Kick right forward(1) Step on ball of right(&) Step left in place(2)
3&4 Kick right forward(3) Step on ball of right(&) Step left in place(4)
5-6 Step forward right(5) pivot 1/4 turn left(6) weight on left
7-8 Step forward right(7) pivot 1/4 turn left(8) weight on left completing 1/4 turn

Repeat

Ending: On the last wall you will be facing 6 o'clock. Dance up to count 16(rocking chair)

Replace the step 1/2, step 1/4 with the following:

Step forward right(1) Pivot 1/4 turn left(2) weight on left
Step forward right(3) pivot 1/4 turn left(4) weight on left
Step right in place(5) triple step left right left in place(6&7)