

Go Bold For Gold

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Liz Atkinson (USA) - November 2019
音樂: Go For The Gold - Leonid Rudenko & Aloe Blacc



Introduction: 4 counts (harmonica)
NO Tags/ NO restarts!

S1: VINE R (touch), WALK BACK L-R-L (touch)

1, 2, 3, 4 Step RF to R side, step LF behind RF, step RF to R side, touch LF beside RF
5, 6, 7, 8 Step back three steps LF, RF, LF, touch RF beside LF (12:00)

S2: WALK FWD R-L-R (touch), VINE L (touch)

1, 2, 3, 4 Step forward three steps RF, LF, RF, touch LF beside RF
5, 6, 7, 8 Step LF to L side, step RF behind LF, step LF to L side, touch RF beside LF (12:00)

S3: ROCKING CHAIR X2 TURNING 1/4 L

1, 2, 3, 4 Rock forward on RF, recover on to LF, rock back on RF, recover on to LF
5, 6, 7, 8 Repeat the rocking chair while making a 1/4 turn to the left (9:00)

S4: TIPTOE V-STEPS X2 (*with optional hands)

1, 2 Rise on to toes: RF (tiptoe) fwd R diagonal, LF (tiptoe) fwd L diagonal*
3, 4 Step RF back to center (full-foot), step LF back to center (full-foot)
5, 6, 7, 8 Repeat the V-step (rising on the fwd diagonal steps* full-foot steps to ctr) (9:00)

*Optional hands for V-steps: On the chorus "Go big, go bold, go hard and go for the gold"
When stepping on R tiptoes reach R hand up, when stepping on L tiptoes reach L hand up.
When stepping RF center bring R hand down, when stepping LF center bring L hand down.

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