

Babe, I'm Full of FIRE

COPPER KNOB
BY STEPHEN

拍數: 40 牆數: 4 級數: Improver
編舞者: Val Saari (CAN) - February 2020
音樂: Full of Fire - Al Green : (iTunes - 3:29)



Intro 32 counts: begin on the word "full"

STEP-TOUCH ROCKING CHAIR (Optional shoulder shimmies)

1-2 Rock RF forward, Touch LF toes beside R
3-4 Step LF back, Touch RF toes beside L
5-6 Rock RF back, Touch LF toes beside R
7-8 Step LF forward, Brush RF toes across L

RF CROSS ROCK, TURNING SHUFFLES (1/4 R, 1/4 R), RF ROCK BACK

1-2 Cross-rock RF over L, LF recover
3&4 Turn 1/4 R and Shuffle forward RLR
5&6 Shuffle LRL turning 1/4 R
7-8 Rock RF back Recover LF

STEP-TOUCHES BACK RLRL (Optional Shoulder Shimmies)

1-2 Step RF back, touch LF beside R
3-4 Step LF back, touch RF beside L
5-6 Step RF back, touch LF beside R
7-8 Step LF back, touch RF beside L

RF CROSS, KICK LF, LF STEP BACK 1/4 R, KICK RF, LINDY RIGHT

1-2 Cross RF over L, Kick LF diagonally left
3-4 Step back on LF 1/4 turn Right, Kick RF diagonally right
5&6 Shuffle right, RLR
7-8 Rock back on LF, Recover on RF

STEP-TAP BEHIND X 2 (LR), LINDY LEFT

1-2 Step LF to left side, Tap RF Toes behind L
3-4 Step RF to right side, Tap LF toes behind R
5&6 Step LF left, Step RF beside L, Step LF left
7-8 Rock RF behind L, Recover LF

REPEAT

No Tags, No Restarts

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