

Reggae Nights

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Julie Lockton (ES) - March 2020
音樂: Reggae Night - Jimmy Cliff : (4:04)



Count in: 48 counts on vocal "Reggae nights / no tags and no restarts

Section 1: Heel strut fwd x 2, Rocking chair

1-2-3-4 Place R heel fwd, take weight onto R foot, place L heel fwd, take weight onto L foot
5-6-7-8 Rock fwd on R, recover onto L, rock back on R, recover onto L (12:00)

Section 2: Heel strut fwd x 2, Rocking chair

1-2-3-4 Place R heel fwd, take weight onto R foot, place L heel fwd, take weight onto L foot
5-6-7-8 Rock fwd on R, recover onto L, rock back on R, recover onto L (12:00)

Section 3: Grapevine, step touch, step touch

1-2-3-4 Step R to R side, step L behind R, Step R to R side, touch L beside R
5-6-7-8 Step L to L side, touch R beside L, step R to R side, touch L beside R (12:00)

Section 4: Grapevine ¼ turn, out out, in in (V shape)

1-2-3-4 Step L to L side, step R behind L, making a ¼ turn to 09:00 step L fwd, touch R beside L
5-6-7-8 Step R foot out diagonally fwd, step L diagonally fwd, step back on R to centre, step back on L beside R taking weight firmly on the L

END OF EASY LITTLE AB DANCE

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