

Positive Thoughts for Tough Times

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Linda Nyholm (CAN) - March 2020
音樂: Livin' Ain't Killed Me Yet - Reba McEntire



Hope this gives you some positive thoughts while the world goes through this virus.
Stay healthy, everyone!!!

SECTION 1: STEP SIDE TOGETHER, SIDE TOGETHER, KICK BALL CHANGE x2

1-2 Step right to side, step left beside right
3-4 Step right to side, step left beside right
5&6 Kick right fwd, step on ball of right foot, step left slightly fwd
7&8 Kick right fwd, step on ball of right foot, step left slightly fwd

SECTION 2: WALK FORWARD X3, POINT LEFT, WALK BACK X2, TURN ¼ TOUCH RIGHT

1-2 Walk fwd, right, left
3-4 Walk fwd right, point left to side
5-6 Walk back left, right
7-8 Step left ¼ to left, touch right (9)

SECTION 3: RIGHT AND LEFT LINDYS

1&2 Step right to side, left beside right,, step right to side
3-4 Rock back on left, recover to right
5&6 Step left to side, right next to left, step left to side
7-8 Rock back on right, recover to left

SECTION 4: SIDE ROCK, CROSS SHUFFLE, HINGE TURN ½, FORWARD SHUFFLE

1-2 Rock right to side, recover to left
3&4 Cross right over left, step left to side, step right across left
5-6 Step left back ¼ , step right fwd ¼ (3)
7&8 step left fwd, right beside left, left beside right

***2 RESTARTS—Sorry :(but they are fairly easy**

***1st—4th sequence, after 2nd section as you turn to 6:00 (end of instrumental)**

***2nd—9th sequence after 3rd section (Lindys) @ 9:00**