

Nowhere To Be, Nowhere To Go

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 2 級數: Beginner
編舞者: Pat Newell (USA) - April 2020
音樂: Keep It Simple - James Barker Band



#16 in

Senior Dancing Series- Learning: Skates, rocking chair, charlestons, turns with hitches

RIGHT SKATE, LEFT SKATE, ROCKING CHAIR

1-4 Step R diagonal, hold, step L diagonal, hold
5-8 Rock fwd on R, recover on L, rock back on R, recover on L

2 CHARLESTONS

1-4 Step fwd on R, kick L, step back on L, touch slightly back on R
5-8 Step fwd on R, kick L, step back on L, touch slightly back on R

VINE RIGHT TURNING 1/4 LEFT ON RIGHT, HITCH LEFT, STEP TOG STEP TURN 1/4 LEFT HITCH RIGHT

1-4 Step R to R, step L behind R, step R , quick turn L in place and hitch L 9:00
5-8 Step L, step tog with R, step forward on L and quick 1/4 turn L, hitch R 6:00

STEP BACK RIGHT, LEFT, RIGHT, HITCH LEFT, LEFT VINE WITH TOUCH

1-4 Step back R, L, R, hitch Left
5-8 Step L to L, step R behind L, step L to L, touch R

START AGAIN

NO TAGS NO RESTARTS

DANCE FOR THE HEALTH OF IT
