

Optimist

COPPERKNOB
STEPPERSHETS

拍數: 80 牆數: 2 級數: Phrased Easy Intermediate
編舞者: 22 dancers from The Shepherd One for All Linedance & Siddis Linedance - April 2020
音樂: Optimist - Jahn Teigen : (CD: Teigen, 40 største Hits - Remastered 2009)



Sequence: A, A, B, Tag1, C, A, A, Tag 2, B, B, B, C

Intro 16 counts after beats kick in

Part A

S A1 - Walk x3, Pivot 1/2L, Walk x2, Kick, Touch

1-4 Step RF fwd, Step LF fwd, Step RF fwd, Turn 1/2L & transfer weight to LF 06:00
5-8 Step RF fwd, Step LF fwd, Kick RF fwd, Touch RF beside LF

S A2 - Jazz Box, (Step, Touch) x2

1-4 Cross RF in front of LF, Step back on LF, Step RF to R, Step LF in front of RF
5-8 Step RF fwd R diag, Touch LF beside RF, Step LF fwd L diag, Touch RF beside LF

(Arms option: Clap on counts 6 & 8)

S A3 - Heel x2, Touch, Kick, 1/4R Sailor step, 1/2 Rumba Box

1-4 Touch R heel in front of LF x2, Touch RF beside LF, Kick RF to R diag
5&6 Turn 1/8R & step RF back, Turn 1/8R & step LF to L, Step RF a little bit fwd 09:00
7&8 Step LF to L, Step RF beside LF, Step LF fwd

S A4 - Step, Pivot 1/2L, Step, Turn 1/4R & Hitch, Walk back x2, Mambo step

1-2 Step RF fwd, Turn 1/2L & transfer weight to LF 03:00
3-4 Step RF fwd, Turn 1/4R on RF & hitch LF 06:00
5-6 Step LF back, Step RF back
7&8 Step LF back, Recover weight on RF, Step LF fwd

Part B

S B1 - (Step, Hold) x2, Rock, Recover, Behind-side-cross

1-4 Step RF fwd, Hold, Step LF fwd, Hold
(Arms option: Both arms out on counts 1 & 2. Put both palms on heart on 3 & 4)
5-6 Step RF to R, Recover weight on LF
(Arms option: Both arms out & make thumbs up on counts 5 & 6)
7&8 Step RF behind LF, Step LF to L, Cross RF in front of LF

S B2 - Turn 1/4R & step back, Hold, Step side, Hold, Cross rock, Recover, Shuffle L

1-4 Turn 1/4R & step back on LF, Hold, Step RF to R, Hold 03:00
5-6 Cross LF in front of RF, Recover weight on RF
7&8 Step LF to L, Step RF together, Step LF to L

S B3 - Vaudeville, Jazz box

1&2& Cross RF in front of LF, Step back on LF, Touch R heel to R diag, Step RF beside LF
3&4& Cross LF in front of RF, Step back on RF, Touch L heel to L diag, Step LF beside RF
5-8 Cross RF in front of LF, Step back on LF, Step RF to R, Step LF in front of RF

S B4 - Rock, Recover, Sailor step, Turn 1/4R & Point, Together, Kick-ball-change

1-2 Step RF to R, Recover weight on LF
3&4 Step RF behind LF, Step LF to L, Step RF a little bit fwd
5-6 Turn 1/4R & point LF to L, Step LF beside RF 06:00

7&8 Kick RF fwd, Step RF beside LF, Step LF beside RF

Part C

S C1 - V-step, (Step fwd, Point) x2

1-4 Step RF to R diag, Step LF out to L, Step RF back on L diag, Step LF beside RF

5-8 Step RF fwd, Point LF to L, Step LF fwd, Point RF to R

S C2 - Step, Pivot 1/2L, Walk fwd x2, (Step, Touch) x2

1-4 Step RF fwd, Turn 1/2L & transfer weight to LF, Step RF fwd, Step LF fwd 12:00

5-8 Step RF to R, Touch LF beside RF, Step LF to L, Touch RF beside LF

(Arms option: Put arms in the air and sway arms to R on counts 5 & 6. Sway arms to L on 7 & 8)

Tag 1: (comes after first B)

T1 - (Step fwd, Hold) x2

1-4 Step RF fwd, Hold, Step LF fwd, Hold

(Arms option: Both arms out & raise arms on counts 1-4)

Tag 2: (comes after 4th A)

T2 - Step, Pivot 1/2L, 1/2L Hinge turn, Step

1-4 Step RF fwd, Turn 1/2L & transfer weight to LF, Spin 1/2L on LF & step RF back, Step LF back

Last Update - 11 Sept. 2020
