

Optimist

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Mona Akersveen Schützer (NOR) - March 2020
音樂: Optimist - Jahn Teigen



Walk, walk, mambo fwd, mambo back, step, ¼ turn, walk, walk

1,2 Walk forward RF, LF
3&4& RF rock fwd, recover on LF, RF rock back, recover on LF
5,6 Step RF fwd, ¼ turn L with weight on left (9 o'clock)
7,8 Walk R, L

Rock step, Lockstep back, coaster step, step, ½ turn

1,2 RF rock fwd, LF recover
3&4 Step back RF cross LF in front step RF back
5&6 Step LF back, RF together, step LF fwd
7,8 Step RF fwd, turn ½ recover weight on LF (3 o'clock)

Triple L ½ turn, rock step, cross shuffle

1&2 turn ¼ step RF to the side, step LF together, turn ¼ step RF back (9 o'clock)
3,4 Rock LF to back, recover weight on to RF

* Ballstep on LF (&) walk (1) to start the dance again.

5,6 Rock LF to left side, recover weight on to RF
7&8 Step LF over RF, step RF to right side, step LF over RF

* Restart in wall 4 with small tag in after count 3,4 put in a ballstep (& 1) on LF to start dance again on RF

Rock step, jazzbox, point, hold

1,2 Rock RF to left side, recover weight on to LF
3,4,5,6 Cross RF over LF, step LF back, step RF to side, cross LF over RF
7,8 Point RF to right, hold

Tag: 1&2&3&4 point L-R-L-R, start again

Restart: in wall 4 after 20 count, add a ballstep to start on RF

Tag: 1&2&3&4 after wall 6, point L-R-L-R, start again

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