

Pressure Down EZ

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner / Beginner
編舞者: Annemaree Sleeth (AUS) - October 2021
音樂: Pressure Down - John Farnham : (CD: Greatest Hits)



Note I have written this for the students at Sherbrooke U3a Melbourne Australia.
To Teach ½ pivot turns

#32 Count Intro Begin on Words "Set" the wheels in motion,

S 1 (1 - 8) K STEP,

1-2 Step Diag Right Forward, Touch Left Beside Right
3-4 Step Diag Left Back,, Touch Right Beside Left
5-6 Step Diag Right Back, Touch Left Beside Right
7-8 Step Diag Left Forward, Touch Left Beside Right

S 2 (9 -14) VINE, TOUCH, VINE, ¼, SCUFF

1-2 Step Right Side, Cross Left Slightly Behind Right
3-4 Step Right Side, Touch Left Beside Right
5-6 Step Left Side, Cross Right Behind Left
7-8 Turn ¼ Left Step Left Forward, /Touch or Scuff Right Over Left (9.00) ending *

S 3 (17 - 24) STEP ½ L PIVOT STEP, TOUCH,STEP ½ R PIVOT STEP, TOUCH

1-2 Step Right Forward, Pivot ½ Left
3-4 Step Right Forward,,Hold Snap Fingers on Holds
5-6 Step Left Forward, ½ Pivot Right
7-8 Step Left Forward, Touch Right Beside Left

S 4 (25 -32) SIDE, TOGETHER, SIDE TOUCH, HIP BUMPS X 3 TOUCH

1-2 Step Right Side, Step Left Beside Right
3-4 Step Right Side, Touch Left Beside Right
5-6 Step Left Side Bump Hips Right, Bump Hips Left,
7-8 Bump Hips Right, Touch R Beside Left or Hold, Snap Fingers On Holds

Add sharp Hip Bumps and Hands above your head

1-2 Hips R, L
3&4& Hips R, L, R, L

Ending Wall 12 Facing 3.00 Dance up to ¼ Vine and step Forward

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Watch The Video On Annemaree Sleeth Youtube (Frederina521)