

Our First Dance AB

COPPER **NOB**
STEPSHEETS

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Liz Atkinson (USA) - December 2021
音樂: Cold Heart (PNAU Remix) - Elton John & Dua Lipa



#8 count introduction - NO Tags or Restarts

Alternative music: Na Na Na by Pentatonix, Follow My Feet by The Unlikely Candidates, or other track with an easily discernible beat, ideally 110-120 bpm, with no tags or restarts. The key is to have music that will be well-liked by the class demographic...this is their first impression of line dance!

S1: GRAPEVINE (VINE) RIGHT, VINE LEFT

1, 2, 3, 4 Step RF to R side, step LF slightly behind RF, step RF to R side, touch LF beside RF
5, 6, 7, 8 Step LF to L side, step RF slightly behind LF, step LF to L side, touch RF beside LF

S2: WALK 3 STEPS, KICK, WALK BACK 3, TOUCH

1, 2, 3, 4 Walk forward 3 steps RF-LF-RF, kick LF forward (keeping it low)
5, 6, 7, 8 Walk back 3 steps LF-RF-LF, touch RF beside LF

S3: V-STEP X 2

1, 2 Step RF diagonally forward, step LF diagonally forward
3, 4 Step RF back to center, step LF back to center
5, 6, 7, 8 (Repeat steps 1-4)

S4: WALK 4 STEPS AROUND 1/2 R, HIP BUMPS X 4

1, 2, 3, 4 Walk 4 steps around to right turning 1/2 (180°) to back wall (6:00) RF-LF-RF-LF
5, 6, 7, 8 Bump hips x4 R-L-R-L

Begin again and have fun!

Contact: info@LizAtkinsonDance.com
Asheville, NC, USA