

Almost Back in My Dancing Shoes

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
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音樂: Put On Your Dancing Shoes - Mike Denver



Introduction: 16 counts. Start approx 07 sec.

Two Restarts.

PART 1. [1-8] Stomps Out R, L, Heel Swivels R+L, Side Toe Strut R, Back Rock L.

1,2 Stomp Rf back in place (1), Stomp Lf back in place (2).
3-4 Swivel both heels to R (3), Swivel both heels back in place (4).
5,6 Step Rf to R on toes (5), Step R heel down (6).
7-8 Rock Lf back (7), Recover back onto Lf (8).

PART 2. [9-16] Side, Together, Fwd L ¼ L, Fwd Scuff R, Rocking Chair R.

1,2 Step Lf to L (1), Step Rf beside Lf (2).
3-4 Make ¼ turn L (9.00) step Lf fwd (3), Scuff R heel fwd (4).
5,6 Rock Rf fwd (5), Recover back onto Lf (6).
7-8 Rock Rf back (7), Recover back onto Lf (8).

(NB: RESTART HERE IN WALL 5, 9 AFTER 16 COUNTS, AFTER START AGAIN).

PART 3. [17-24] ¼ Monterey Turn To R, Side R, L Touch Beside, Side L, Knee Lift R.

1,2 Point R out to R (1), Pivot ¼ turn R (12.00) step Rf beside Lf (2),
3,4 Point L out to L (3), Step Lf beside Rf (4).
5,6 Step Rf to R (5), Touch Lf beside Rf (6).
7-8 Step Lf to L (7), Lift R knee up (8).

PART 4. [25-32] Hip Bumps R, L, R, Hold, L Behind, Side R ¼ R, Step L.

1,2 Step Rf to R and bump R hip to R (1), Bump L hip to L (2).
3,4 Bump R hip to R (3), Hold (4).
5,6 Step Lf behind Rf (5), Make ¼:turn R (3.00) step Rf to R (6).
7,8 Step Lf fwd (7), Hold (8).

REPEAT DANCE AND HAVE FUN !!