

Blowin' Smoke

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
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音樂: Blowin' Smoke - Teddy Swims



No Tags Or Restarts

Written for Dancers at Sherbrooke U3a To Teach Triples Timing Can substitute
Coasters, Shuffles, Step Locks, Or Sailors on The Triples. Mambos OR Cross Shuffles

Begin on words "So
Approximately 8 Seconds In

S 1 (1 – 8) RHUMBA TRIPLES/LOCKS FORWARD, RHUMBA TRIPLES/LOCKS FORWARD

1-2 Step Right Side, Step Left Beside Right
3&4 Step Right Forward, Step Left Behind Right, Step Right Forward
5-6 Step Left Side, Step Right Beside Left
7-8 Step Left Forward, Step Right Behind Left, Step Left Forward

S 2 (9 – 16) BACK 3, TRIPLES/LOCKS, BACK 3, TRIPLES/LOCKS

1-2 Step Right Back, (Bend Left Knee) Step Left Back (Bend Right Knee)
3&4 Step Right Back, Touch Left Over Right, Bumps Hips Up Down (wgt L)
5-6 Step Left Back, Step Right Back
7&8 Step Left Back, Touch Right Over Left Bump Hips Up Down Up (wgt R)

Counts 374 Back Locks Counts 7&8 Mambo

Add Knee Pops on Back Steps

S 3 (17– 24) SIDE MAMBOS/CROSS SHUFFLES, SIDE MAMBOS/CROSS SHUFFLES

1-2 Rock Right Side, Recover Left
3&4 Right, Left, Right On The Spot
5-6 Rock Left Side, Recover Right
7&8 Left, Right, Left On The Spot

on Counts 3 &4 and 7&8 Cross Side Cross

S 4 (25 – 32) PADDLE TURNS X 4 = ¼ TURN LEFT

1-2 Push Ball Of Foot Right Side, Turn 1/16th L Recover Left
3-4 Push Ball Of Foot Right Side, Turn 1/16th L Recover Left
5-6 Push Ball Of Foot Right Side, Turn 1/16th L Recover Left
7-8 Push Ball Of Foot Right Side, Turn 1/16th L Recover Left (9.00)

ENDING FACING 3.00 END First side together triple then turn ¼ Left Step Left Forward

Begin Again

Watch The Video On Annemaree Sleeth Youtube

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