

Every Minute of the Day

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Pat Newell (USA) - October 2022
音樂: From Time to Time - Rascal Flatts



Senior Dancing Series

In count 16+32

learning: jazz box, heel stands, rocking chair, pivots, weave, walk back and fwd

JAZZ BOX, HEEL STANDS

1-4 Cross R over L, step back on L, step on R, step slightly fwd on L
5-8 Touch R heel fwd, step on R, touch L heel fwd, step on L

ROCKING CHAIR, 2 1/4 PIVOTS LEFT

1-4 Rock R fwd, recover on L, Rock back on R, recover on L
5-8 Step fwd on R, turn 1/4 L, step down on L, step fwd on R, turn 1/4 L on L

LEFT WEAVE, TOUCH, RIGHT WEAVE, TOUCH

1-4 Step R over L, step L to side, step R behind L, touch L to side
5-8 Step L over R, step R to side, step L behind R, touch R to side

WALK BACK, TOUCH, STEP LOCK STEP BRUSH

1-4 Walk back R, L, R, touch L
5-8 Step fwd on L, step R slightly behind L, step on L, brush R fwd

BEGIN AGAIN

DANCE FOR THE HEALTH OF IT
