

My Lovely Lady Blue

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Helaine Norman (USA) - January 2023
音樂: Lady In Blue - Bouke



Intro: On word "on"

Tags: 2

I. SLOW WALKS FORWARD X2; FORWARD MAMBO, HOLD

1-2 Walk R forward, hold
3-4 Walk L forward, hold
5-6 Rock R forward, recover to L
7-8 Step R together, hold

Optional styling for 1-4: Walks forward with forward brushes instead of holds

II. SLOW WALKS BACK X2; BACK MAMBO, HOLD

1-2 Walk L back, hold
3-4 Walk R back, hold
5-6 Rock L back, recover to R
7-8 Step L together, hold

Optional for 5-8: Back coaster, hold

III. SLOW ¼ R TURN JAZZ BOX

1-2 Step R over, hold
3-4 Step L back, hold
5-6 Step R side making ¼ turn R (3:00), hold
7-8 Step L together, hold

IV. ROCKING CHAIR; SIDE ROCK, TOUCH, HOLD

1-2 Rock R forward, recover to L
3-4 Rock R back, recover to L
5-6 Rock R side, recover to L
7-8 Touch R together, hold

REPEAT

TAGS: Facing 12:00 end of sequences 4 and 8:

1-2 Step R side (big)
3-4 Touch L together
5-6 Step L side (big)
7-8 Touch R together

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