

Old Flame, New Regret

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Sharon Fromow (CAN) & Paula Jugdev (CAN) - February 2023
音樂: Old Flame (New Regret) - John Wort Hannam



#16 count intro

S1: Heel Strut RF, Heel Strut LF, Side Rock RF Recover LF, Forward Rock RF Recover LF

1-2 RF stepping forward on heel, drop toe [12:00]
3-4 LF stepping forward on heel, drop toe
5-6 RF rock out to right side, recover weight on LF
7-8 RF rock forward, recover back on LF

S2: (Right Rumba Box Forward) RF Side Together, LF Forward, LF Side Together, LF Back

1-2 Step RF to R side, step LF next to RF
3-4 Step forward RF, touch LF next to RF
5-6 Step LF to L side, step RF next to LF
7-8 Step back on LF, touch RF next to LF

S3: Back, Touch, Forward Touch, ½ Walk Around Right (R, L, R, L-Scuff/Hold)

1-2 RF Step back, touch LF toe next to RF
3-4 LF Step forward, touch RF toe next to LF
5-6-7-8 Walk around ½ turn right, stepping RF, LF, RF, LF scuff (or hold) [12:00 to 6:00]

S4: ¼ Walk Around Right (L,R,L, R- Scuff/Hold), R Rocking Chair

1-2-3-4 Walk around ¼ turn, stepping LF, RF, LF, RF scuff (or hold) [6:00 to 9:00]
5-6-7-8 RF Rock forward, LF Recover, RF rock back, LF recover [9:00]

Music fades on wall 9. Continue to the end of S3 (run, run 5-6) but instead do a quarter turn to end up on 12:00 instead of half, finish S4 (1-4) LF, RF, LF forward.- End of Dance

No tags, no restarts