

Take a Cup of Kindness

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Easy Beginner
編舞者: Ed Adams (USA) - February 2023
音樂: Auld Lang Syne - Boney M. : (amazon.com)



Note: This dance was inspired by the dance Cup Of Kindness by Debbie Small (USA). This is a modified version of that dance. Thank you Debbie.

Intro: 32 Counts

WALK FORWARD R,L,R TOUCH L; WALK BACK L,R,L TOUCH R

1-2 Step Right Forward, Step Left Forward
3-4 Step Right Forward, Touch Left Beside Right-Clap
5-6 Step Left Back, Step Right Back
7-8 Step Left Back, Touch Right Beside Left-Clap

WALK FORWARD R,L,R TOUCH L; WALK BACK L,R,L TOUCH R

1-2 Step Right Forward, Step Left Forward
3-4 Step Right Forward, Touch Left Beside Right-Clap
5-6 Step Left Back, Step Right Back
7-8 Step Left Back, Touch Right Beside Left-Clap

SIDE TOGETHER, SIDE TOUCH, SIDE TOGETHER, SIDE TOUCH

1-2 Step Right To Side, Step Left Together
3-4 Step Right To Side, Touch Left Together-Clap
5-6 Step Left To Side, Step Right Together
7-8 Step Left To Side, Touch Right Together-Clap

ROCKING CHAIR, STEP FWD, PIVOT ½ TURN, STEP FWD, PIVOT ½ TURN

1-2 Step Right Forward, Recover To Left
3-4 Step Right Back, Recover To Left
5-6 Step Right Forward, Pivot ½ Turn Left (Shift weight to left foot)
7-8 Step Right Forward, Pivot ½ Turn Left (Shift weight to left foot)

Note: If necessary, you can replace the ½ turns with another rocking chair

REPEAT

This dance can also be done as a contra dance (2 lines facing each other about 6 feet apart). Face the space between people in the opposite line. You could also touch palms with the people in the opposite line instead of clapping as you come together after the forward walk and touch. (When covid is no longer a problem, if that time ever comes)