

Rockin' Pneumonia

COPPERKNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Heather Gronow (UK) - February 2023
音樂: Rockin' Pneumonia - Ronnie McDowell



Intro : 32 Count

Sec 1: Side Behind & Heel & Heel & Point & Point & Heel & Heel

1 2 &3&4 Step R to right side, step L behind, Step R to side, touch L heel forward, step L in place and touch R heel forward.
&5&6 Step R in place, point L to left side, step L in place, point R to right side.
&7&8& Step R in place ,touch L heel fwd, step L in place, touch R heel fwd. Step R in place

Sec 2 : Dorothy steps Left and Right , Step pivot ½, Step pivot 1/4

1 2 & Step L forward, lock R behind L, Step L fwd (moving slightly left)
3 4 & Step R fwd, lock L behind R, Step R fwd (moving slightly right)
5 6 Step fwd on L, pivot ½ turn to right (weight on R)
7 8 Step fwd on L, Pivot ¼ turn to right (weight on R)

Sec 3 : Cross Side Sailor Heel and Cross Side Behind Side Cross

1 2 3&4 Cross L over R, Step R to right side, step L behind, step R together and touch L heel fwd
&5 6 7&8 Step L in place, Cross R over left, step L to side, step R behind left, step L to side, cross R over left

Sec 4 : Side rock, recover, Behind Side Cross, Weave

1 2 3&4 Rock L to left side, recover on R, Step L behind right, Step R to side, Cross L over Right
5 6 7 8 Step R to side, Step L behind, Step R to side, Cross L over right

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