

My People (Keep It Simple)

COPPERKNOB
STEPPERS

拍數: 32 牆數: 4 級數: Novice
編舞者: Bernhard Wulff (DE) - February 2023
音樂: MY PEOPLE - James Johnston



Dance starts after 16 Counts

Heel, Touch, 2x Heel, 2x Hip R, 2x Hip L

- 1 Touch R Heel fwd
- 2 Touch R Toe next to LF
- 3 Touch R Heel fwd
- 4 Touch R Heel fwd
- 5 Weight on RF & Hip fwd
- 6 Swing Hip fwd
- 7 Weight on LF & Hip back
- 8 Swing Hip back

Shuffle fwd., Rock Step, Shuffle back, Back Rock

- 9 RF step fwd
- & Lf step next to RF
- 10 RF step fwd
- 11 LF step fwd /w weight on LF
- 12 Change weight back to RF
- 13 LF step back
- & RF step next to LF
- 14 LF step back
- 15 RF step back /w weight on RF
- 16 Change weight back to LF

Restart Here in Wall 4 & 10

BRIDGE: 1

Grapevine R

- 1 RF step R
- 2 LF cross behind RF
- 3 RF step R
- 4 LF cross over RF

NOTE!!: After every Bridge you go on with the last 8 Counts of the Dance.

Monterey ½ turn, Jazz Box

- 17 RF point R
- 18 ½ turn R & step RF next to LF (6:00)
- 19 LF point L
- 20 LF step next to RF
- 21 RF cross over LF
- 22 LF step back
- 23 RF step R
- 24 LF cross over RF

Bridge 1 Here in Wall 3 & 7

Bridge 2 Here in Wall 11

Chasse R, Back Rock, Grapevine L /w ¼ L, Scuff

25 RF step R
& LF step next to RF
26 RF step R
27 LF step back /w weight on LF
28 Change weight back to RF
29 LF step L
30 RF cross behind LF
31 ¼ turn L & LF step fwd (3:00)
32 Scuff R Heel

BRIDGE: 2

Weave R

1 RF step R
2 LF cross behind RF
3 RF step R
4 LF cross over RF
5 RF step R
6 LF cross behind RF
