

Put Me Up, Put Me Down (Coco Jamboo)

COPPERKNOB
STEPSHEETS

拍數: 24 牆數: 1 級數: Beginner
編舞者: Lou DeSoto (USA) & Sandy DeSoto (USA) - March 2023
音樂: Coco Jamboo - Mr. President



Intro: 32 counts (no tags or restarts)

SHUFFLE RIGHT, SHUFFLE LEFT (2X)

1&2 Shuffle to side R,L,R
3&4 Shuffle to side L,R,L
5&6 Shuffle to side R,L,R
7&8 Shuffle to side L,R,L

WALK (STRUT) FORWARD, WALK (STRUT) BACK

1-2 Step R forward, step L forward
3-4 Step R forward, step L forward
5-6 Step R back, step L back
7-8 Step R back, step L back

SHUFFLE FORWARD, ROCK-RECOVER, SHUFFLE-TURN, STEP-TURN

1&2 Shuffle forward R,L,R
3-4 Rock L forward, recover to R
5&6 Turn 1/2 Left and shuffle forward L,R,L
7-8 Step R forward, turn 1/2 left (weight to L)

Repeat & Enjoy.

Submitted by Don Corrigan - donjcor@aol.com