

Take Myself Dancing Baby

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: Vibeke B. Søgård (DK) - April 2023
音樂: Flowers - Miley Cyrus



*0 Tags and 4 Restart

Intro: Start just after lyrics, start on the word "good" (approx 8 sec. into track), Start feet together with weight on R

Sec. 1: SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

1 - 2 Rock L to L, recover weight on R
3&4 Cross L over R, step R together, cross L over R
5 - 6 Rock R back, recover weight on L
7&8 Cross R over L, step L together, cross R slightly over L

Sec. 2: ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, SHUFFLE FWD

1 - 2 Rock L fwd, recover weight on R
3&4 Step L back, step R together, step L back
5 - 6 Rock R back, recover weight on L
7&8 Step R fwd, step L together, step R fwd

Sec. 3: ¼ PADDLE, ¼ PADDLE, JAZZBOX

1 - 2 Step L fwd, turn ¼ R taking weight on R
3 - 4 Step L fwd, turn ¼ R taking weight on R
5 - 6 Cross L over R, step back on R
7 - 8 Step L on L. step R next to R

Sec. 4: STEP LOCK, STEP LOCK STEP, STEP LOCK, STEP LOCK STEP

1 - 2 Step L fwd, step R behind L (lock)
3&4 Step L fwd, step R behind R (lock), step L fwd
5 - 6 Step R fwd, step L behind R (lock)
7&8 Step R fwd, step L behind L (lock), step R fwd

Restarts:

Wall 2 – Dance till count 16 and then restart

Wall 5 – Dance till count 8 and then restart

Wall 7 – Dance till count 16 and then restart

Wall 11 – Dance till count 8 and then restart

Have fun

Contact vibeke64@hotmail.com