

Down Home Blues

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: High Beginner
編舞者: Jeanie Kotlik (USA) - May 2023
音樂: Down Home Blues - Z.Z. Hill



Begin dance after 16 count intro , No tags or restarts

[1-8] RIGHT SHUFFLE, ROCK BACK L, RCVR, LEFT SHUFFLE, FWD & BACK SWAY ROCK

1&2 Step R to the right side, step L beside R, step R to the right side
3-4 Rock back on L , recover on R
5&6 Step L to the left side, step R beside L, step L to the left side
7-8 Rock forward on R with sway , rock back on L with sway

[9-16] STEP FWD ON R, PIVOT 1/2 TURN LEFT, STEP FWD ON L, SHUFFLE FWD R,L,R, L FWD ROCK, RCVR, 1/2 LEFT TURNING SHUFFLE L,R,L

1-2 Step forward on R , pivot 1/2 turn left, step L forward
3&4 Step R forward, step L beside R , Step R forward
5-6 Rock forward on L , recover on R
7&8 Turning 1/2 turn left, shuffle L,R,L

[17-24] ½ JAZZ BOX, TRIPLE STEP IN PLACE R,L,R, WALK BACK L, R, COASTER

1-2 Cross step R over L , step back on L
3&4 Triple step in place R,L,R
5-6 Walk back on L , walk back on R
7&8 Step back on L , step R beside L , step forward on L

[25-32] R,L DIAGONAL KICKS, R HIPPY DIPPY, L HIPPY DIPPY

1-2 Kick R forward diagonal crossing over L, recover on R
3-4 Kick L forward diagonal crossing over R, recover on L
5-6 Step right to side (as you dip), straighten and point L toe to side
7-8 Shift weight to left (as you dip), straighten and point R toe to side

Styling suggestion: Shoulder shimmy on last 4 count

[33-40] SHUFFLE STEP BACK R, L, R, 1/2 LEFT TURNING SHUFFLE L, R, L, R ROCKING CHAIR

1&2 Shuffle step back R,L,R
3&4. Turning 1/2 turn left, shuffle L,R,L
5-6 Rock forward on R, recover on L
7-8 Rock back on R, recover on L

[41-48] TOE HEELS WITH HIP BUMPS R,L, QUICK STEP TOE TOUCHES 4X

1-2 Step forward slight right on R ball, bump hip, bump hip again as you lower heel
3-4 Step forward slight left on L ball, bump hip, bump hip again as you lower heel
&5 Step forward on R, touch L beside
&6 Step forward on L, touch R beside
&7 Step forward on R, touch L beside
&8 Step forward on L, touch R beside