

Shoobie' Doobie

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jo Kinser (UK) & Sebastiaan Holtland (NL) - September 2023
音樂: One Fine Day - Frankie Moreno : (iTunes)



Intro: 16 cts (0:11 secs)

S1: R&L Side, Back Rock Recover, ¼ turn L - R Side, Back Rock Recover, ½ Turn L Walk LR

12& RF step big step R, LF rock behind RF, RF recover across LF
34& LF step big step L, RF rock behind LF, LF recover across RF
56& ¼ turn L RF step big step R, LF rock behind RF, RF recover across LF (9:00)
78 ¼ turn L LF step forward (6:00), ¼ turn L RF step forward (3:00)

Option on counts 7-8 Before you step onto your L&R foot do a little kick

S2: L Mambo Forward, R Mambo Back, L Side Shimmy Touch, R Side Shimmy, Together

1&2 LF rock forward, RF recover, LF step back
3&4 RF rock back, LF recover, RF step forward
5&6 LF step L and shimmy shoulders 2x (5&), RF touch next to LF
7&8 RF step R and shimmy shoulders 2x (7&), LF step next to RF

S3: Toe Strut Jazz Box ¼ Turn R, R Lock Forward, L Lock Forward, Scuff

1& RF touch over LF, Drop R heel
2& ¼ R LF touch back (6:00), Drop L heel
3&4 RF touch R, Drop R heel, LF step forward

Option on counts 1-4 Swing your arms

5&6 RF step forward to R diagonal, LF lock behind RF, RF step forward to R diagonal
7&8& LF step forward to L diagonal, RF lock behind LF, LF step forward to L diagonal, RF scuff forward

S4: R Mambo Forward, Toe Struts Back - Shimmies, L Mambo Back, Step Forward, Together

1&2 RF rock forward, LF recover, RF step back
3&4& LF touch back, Drop L heel, RF touch back, Drop R heel – shimmy shoulders on these counts
5&6 LF rock back, RF recover, LF step forward
78 RF step forward, LF step next to RF

REPEAT THE DANCE AND HAVE FUN!!