

Loved and Beautiful

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Linda Waite (USA) - September 2023
音樂: Isn't She Lovely - Stevie Wonder



I choreographed this dance to honor my grandchildren (the first of which was a girl so I constantly listened to "Isn't She Lovely"). As each was born, I added to a poem I had written where I finished with "I pray for them day and night and hope they always know that they are loved and beautiful no matter where they go." From the day they were born, I write to each grandchild every week (each has their own day) and remind them that they are loved and beautiful.

Start on "Isn't she lovely" words

2 STEP TOUCHES, GRAPEVINE RIGHT TOUCH

1-2 Step RF to R, Touch LF next to RF
3-4 Step LF to L, touch RF next to LF
5-8 Step RF to right (5), Step LF behind RF (6), Step RF to right (7), Touch LF beside RF (8)

2 STEP TOUCHES, GRAPEVINE LEFT ¼ TURN SCUFF

1-2 Step LF to L, Touch RF next to LF
3-4 Step RF to R, touch LF next to RF
5-8 Step LF to left (5), Step RF behind LF (6), Turn ¼ Step LF to left (7), Scuff RF beside LF (8)

STEP, LOCK, STEP RIGHT DIAGONAL, STEP LOCK STEP LEFT DIAGONAL

1-2 Step RF forward to right diagonal, lock LF behind RF
3-4 Step RF forward, scuff LF
5-6 Step LF forward to left diagonal, lock RF behind LF
7-8 Step LF forward, touch RF

HEELS RIGHT & LEFT JAZZ BOX

1-2 Touch right heel forward, bring right foot back
3-4 Touch left heel forward, bring left foot back
5-6 Cross right over left, step back on left
7-8 Step RF to R, Step LF next to RF

Last Update: 18 Oct 2023