

Only Need a Beat

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner / Beginner
編舞者: Helaine Norman (USA) - December 2023
音樂: Dance to the Music - Sly & The Family Stone



Intro: 48 (vocal) No tags or restarts

I. LOCK STEP WITH TOUCH; LOCK STEP WITH TOUCH

1-4 Step R forward, lock L behind R, step R forward, touch L together
5-8 Step L forward, lock R behind L, step L forward, touch R together

II. BACK DIAGONALLY, TOUCH X2; BUNNY HOPS BACK WITH CLAPS X2

1-2 Step R back, touch L together
3-4 Step L back, touch R together
&5-6 Hop R back, step L together, hold with hand clap
&7-8 Hop R back, step L together, hold with hand clap

III. LINDY, VINE 1/4 L-TURN, SCUFF

1&2 Step R side, step L together, step R side
3-4 Rock L behind R, recover to R
5-8 Step L side, step R behind, step forward making ¼ turn left (9:00), scuff R forward

IV. JAZZ BOX ¼ R-TURN X2

1-4 Step R over, step L back, step R side (12:00), step L together
5-8 Repeat 1-4 ending at (3:00)

REPEAT

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