

Nashville Dance With Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sher Mcintosh (CAN) - May 2024
音樂: Dance With Me (Nashville Mix) - Orleans



No Tag No Restart

Section 1: R foot press forward, step twice (LR), L press fwd, step 2X(RL), R press to side R, step twice(LR), L press to side L, step twice(RL)

1, 2& R Press forward, L Step, R, Step
3, 4& L Press forward, R Step, L Step
5, 6& R Press slightly R, Step L, Step R
7, 8& L Press slightly L, Step R, Step L

Section 2: Rocking Coaster Right side, then Left side

1, 2 R rock forward, L recover weight
3 & 4 R step back, L together, R step forward
5, 6 L rock forward, R recover
7 & 8 L step back, R together, L step forward

Section 3: R rock forward, L recover, R triple half turn to right, Jazz Box 3 / 4 Turn Left

1, 2 R rock forward, L recover weight
3 & 4 Step RLR while doing a half turn to the right
5, 6 Cross L over R, step back R and turn 1 / 4 turn to the Left
7, 8 Pivot 1 / 2 turn to L while stepping forward on L foot, touch R foot at instep

Section 4: R Mambo, L Mambo, 4 Sways

1 & 2 Step R to right, step L in place, step R at centre
3 & 4 Step L to left, step R in place, step L at centre
5 – 8 Sway 4 times, RLRL

shermcintosh67@gmail.com