

The Hard Way

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: High Improver
編舞者: Conny van Dongen (NL) - July 2024
音樂: The Hard Way - PNAU & Khalid



CROSS, SIDE STEP, SAILOR STEP, CROSS, 1/4 TURN STEP BACK, 1/2 SHUFFLE TURN

1-2 LF cross in front, RF side step
3&4 LF cross behind, RF side step, LF side step
5-6 RF cross in front, LF 1/4 turn R and step back
7&8 RF 1/4 turn R side step, LF step together, RF 1/4 turn R step forward

PIVOT TURN, SHUFFLE, 3/4 TURN, BEHIND-SIDE-CROSS

1-2 LF step forward, 1/2 turn R
3&4 LF step forward, RF together (3rd pos.), LF step forward
5-6 RF 1/2 turn L and step back, LF 1/4 L and side step
7&8 RF cross behind, LF side step, RF cross in front

POINT, HOLD, POINT, HOLD, HEEL SWITCHES, TOUCH BACK, 1/2 TURN

1-2& LF touch L, Hold, LF step together
3-4& RF touch R, Hold, RF step together
5& LF touch heel forward, LF step together,
6& RF touch heel forward, RF step together
7-8 LF touch toe back, 1/2 turn L (weight on RF)

DOROTHY 2X, SIDE STEP, GLIDING HINGETURN, TOUCH-BALL

1-2& LF step diag L forward, RF cross behind, LF step diag L forward
3-4& RF step diag R forward, LF cross behind, RF step diag R forward
5&6& LF side step, (&)RF slide towards LF, RF 1/4 turn R and step R, (&) LF slide towards RF
7-8& LF 1/4 turn R and step L, RF touch beside LF, RF step on ball of foot

contact: conny_van_dongen@hotmail.com