

Tucka (Tucker)

COPPER KNOB
STEP SHEETS

拍數: 24 牆數: 4
編舞者: K.O.L.D. (USA) - November 2024
音樂: Work It Out - Tucka

級數: High Beginner



This is Bonnie's step sheet for left brainers, engineers and the like. Like a lot of soul line dances, many people learn by watching it danced, but this one lends itself well also to a step sheet. Bounce to the music, enjoy!

WALKS FORWARD AT 12:00

1 2 Step forward on right, bounce/hold
3 4 Step forward on left, right
5 6 Step forward on left, bounce/hold
7 8 Step forward on right, bounce/hold

FORWARD ROCK, CHA CHA CHA, BACK ROCK AT 12:00, CHA CHA CHA WITH HALF LEFT TURN TO LEFT 6:00

1 2 Rock forward on left, recover on right
3&4 Cha cha cha straight back on left, right, left
5 6 Rock back on right, recover on left
7&8 Cha cha cha half turn to left stepping right, left, right

BACK ROCK WITH HALF TURN TO RIGHT TO 12:00, BACK ROCK WITH QUARTER TURN TO RIGHT TO 3:00

1 2 Rock back on left, recover on right
3&4 Cha cha cha half turn to right stepping left, right, left
5 6 Rock back on right, recover on left
7&8& Cha cha cha quarter turn to left stepping right, left, right and step left on 8& to change weight

First time dance starts at 12:00 and ends at 3:00.

Second time dance starts at 3:00 and ends at 6:00.

Third time dance starts at 6:00 and ends at 9:00.

Fourth time dance starts at 9:00 and ends at 12:00.

Fifth time dance starts at 12:00 and ends at 3:00.

Sixth time dance starts at 3:00 and ends at 6:00.

So this dance repeats about 6 times till end of song.

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com