

Seven Lonely Days

COPPER **KNOB**
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Maryloo (FR) - February 2025
音樂: Seven Lonely Days - Bouke : (Album : For The Good Time)



No Tag, No Restart

TOE STRUT, CROSS TOE STRUT, SIDE SHUFFLE, ROCK BACK

1-2 Step R Toe to side, Drop R Heel
3-4 Cross L Toe over R, Drop L Heel
5&6 Step R to side, step L next to R, step R to side
7-8 L rock back, recover on R

TOE STRUT, CROSS TOE STRUT, SIDE SHUFFLE, ROCK BACK

1-2 Step L Toe to side, Drop L Heel
3-4 Cross R Toe over L, Drop R Heel
5&6 Step L to side, step R next to L, step L to side
7-8 R rock back, recover on L

PIVOT ½ TURN, SHUFFLE FORWARD, PIVOT ¼ TURN, SHUFFLE FORWARD

1-2 Step R forward, pivot ½ turn L (weight on L)
3&4 Step R forward, step L next to R, step R forward
5-6 Step L forward, pivot ¼ turn R (weight on R)
7&8 Step L forward, step R next to L, step L forward

SIDE, HOLD, BALL SIDE, TOUCH, ROLLING VINE TO L SIDE

1-2 Step R to side, Hold
&3-4 Ball step L next to R, Step R to side, Touch L next to R
5-6 ¼ turn to L stepping L forward, ½ turn to L stepping R back
7-8 ¼ turn to L, stepping L to side, touch R next to L

Have Fun !

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