

L.I.E. (Long Island Express)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Basem Elfaham (USA)
音樂: I'm Still Standing - Elton John



STEP, KICK, STEP, TOUCH. REPEAT

1-4 Step right forward, left kick forward, step left back, right toe touch back
5-8 Repeat 1-4

RIGHT STEP RIGHT, LEFT STEP ¼ LEFT, RIGHT STEP FORWARD, HOLD, LEFT DIAGONAL CHASSE' ENDING WITH A STOMP

9-12 Step right foot right, step left foot in place, pivoting on left turn ¼ circle left and step right foot forward, hold
13-16 Left step left diagonal forward, right step next to left, left step left diagonal forward, right stomp next to left

RIGHT TOE FAN TWICE, LEFT TOE FAN TWICE

17-20 Move right toes right, back together, repeat (19-20)

Optional: corresponding right hand movements in hitch-hike position

21-24 Move left toes left, back together, repeat (23-24)

Optional: corresponding left hand movements in hitchhike position

HEEL SPREAD TWICE, FEET TWISTS RIGHT, LEFT, RIGHT, LEFT

25-28 Split heels by pushing them apart, bring heels back together, repeat (27-28)

Optional: corresponding elbows splits

29-32 With feet together and weight on their balls move both heels right, left, right, left

With corresponding hands-up sways, shimmying, or do your own thing

REPEAT
