

Lonely Evening

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Improver
編舞者: Marjo Ranta (FIN)
音樂: She's Over You - Jeff Moore



RIGHT VINE & HIP ROLL

- 1 Step right to right
- 2 Step left behind right
- 3 Step right to right (left behind right same time)
- 4-6 Roll right hip up standing

LEFT VINE & HIP ROLL

- 1 Step left to left
- 2 Step right behind left
- 3 Step left to left (right behind left same time)
- 4-6 Roll right hip up standing

SHUFFLE & TOE HEEL

- 1&2 Shuffle forward right, left, right
- 3 Touch left toe forward
- 4 Touch left heel forward
- 5 Touch left toe forward
- 6 Touch left heel forward

SHUFFLE & TOE HEEL

- 1&2 Shuffle back left, right, left
- 3 Touch right toe forward
- 4 Touch right heel forward
- 5 Touch right toe forward
- 6 Touch right heel forward

SWAY

- 1-2 Sway right
- 3 Step right beside left
- 4-5 Sway left
- 6 Step left beside right

STEPS & SLIDES

- 1 Step right ¼ turn to right
- 2 Slide left behind right
- 3 Change weight to right
- 4 Step left forward
- 5 Slide right behind left
- 6 Change weight to left

PIVOT TURNS

- 1 Step right forward
- 2 Turn ¼ to left
- 3 Step right behind left
- 4 Step right forward
- 5 Turn ¼ to left

6 Step right behind left

MAMBO STEPS

- 1 Cross right over left
- 2 Step left to left
- 3 Step right behind left
- 4 Cross left over right
- 5 Step right to right
- 6 Step left behind right

REPEAT
