

No Work, All Play

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Jon Levant (USA) & Gail Levant (USA)
音樂: All Work and No Play - Van Morrison



This dance was choreographed for the 8th annual "Steppin' Out Under The Palms" Line Dance Festival at Thousand Trails Palm Springs, CA November 10, 14, 2003 and is dedicated to Bonnie Jackson, Event Director

ROCK BACK, RECOVER, STEP, TOUCH, SHUFFLE BACK, ROCK BACK, RECOVER

1- 2 Rock back on left foot, recover on right foot
3- 4 Step forward onto left foot, touch right toes behind left heel

For styling on count 4 bend slightly forward from waist with left shoulder slightly lowered and snap fingers in front

5&6 Shuffle back right, left, right
7- 8 Rock back on left foot, recover on right foot

PIVOT TURN RIGHT, TRIPLE TURN RIGHT, ROCK BACK, RECOVER, TURN ½ LEFT TWICE

1- 2 Step left foot forward, pivot ½ turn right onto right foot
3&4 Triple turn ½ right in place left, right, left
5- 6 Rock back on right foot, recover on left foot
7- 8 Step right foot into ½ turn left moving side left, step left foot back into ½ turn left continuing side left

These turns move side left, they do not move forward

SHUFFLE TURN LEFT, ROCK FORWARD, RECOVER, SHUFFLE BACK DIAGONAL TWICE

1&2 Shuffle right, left, right while making ¼ turn left (9:00)
3- 4 Rock forward on left foot, recover on right foot
5&6 Shuffle back diagonally left (left, right, left)
7&8 Shuffle back diagonally right (right, left, right)

ROCK BACK, RECOVER, KICK, BALL, STEP, PIVOT TURN RIGHT, KICK, BALL, POINT

1- 2 Rock back on left foot, recover on right foot
3&4 Kick left foot forward, step on ball of left foot, step forward on right foot
5- 6 Step left foot forward, pivot ½ turn right onto right foot
7&8 Kick left foot forward, step on ball of left foot, touch right toes out to right side

SAILOR STEP, SAILOR TURN, ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, TOUCH

1&2 Step right foot behind left foot, step left foot to left, step right foot to right
3&4 Step left foot behind right foot, step right foot to right starting ¼ turn left, step left foot to left completing the ¼ turn left
5-6 Rock forward on right foot, recover on left foot
7&8 Rock back on right foot, recover on left foot, touch right toes next to left foot

SHUFFLE RIGHT, ROCK BACK, RECOVER, SHUFFLE LEFT, CROSS, UNWIND

1&2 Shuffle side right (right, left, right)
3-4 Rock back on left foot, recover on right foot
5&6 Shuffle side left (left, right, left)
7-8 Cross right foot over left foot, unwind ½ turn left shifting weight to right foot

REPEAT

