

Normansland 2000 (Norman's Stroll)

(P)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Partner
編舞者: John Sandham (ES)
音樂: Any Stroll tempo 100 -120 bpm



Position: Side-By-Side position. Footwork same for both

LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD, LEFT STROLL, BRUSH

1&2 Left shuffle forward on left, right, left
3&4 Right shuffle forward on right, left, right
5-7 Step left foot slightly diagonal left, step right foot behind left, step left foot forward
8 Brush right foot forward

BOX STEP, ¼ TURN, DUCK WALK TO LEFT

1-2 Cross right foot over left, step back on left
3-4 Step right foot into ¼ turn right, step left foot beside right
Man will be standing behind lady, both will have their hands held on the lady's shoulders
5-8 Swivel both heels to left, both toes to left, both heels to left, both toes to left

BOX STEP, STEP, SLIDE, HEEL TAPS

1-2 Cross right foot over left, step back on left
3-4 Step right foot to side, cross left over right
5-8 Step right foot to side, slide left foot to right as you tap left heel three times

¼ TURN LEFT, STEP BRUSH, STEP BRUSH, WALK FORWARD

1-2 Step ¼ turn left on left foot, brush right foot forward

Partners back in Side-By-Side Position

3-4 Step forward on right foot, brush left foot forward
5-8 Walk forward on left, right, left, right

REPEAT
