

Prison Dance

COPPER **NOB**
STEPSHEETS

拍數: 80 牆數: 4 級數: Intermediate
編舞者: Bodil Lilholt Kristensen (DK)
音樂: Folsom Prison Blues - Johnny Cash



MAMBO STEP, HOLD, COASTER STEP, HOLD

1-2 Rock right forward, recover on left
3-4 Step right beside left, hold
5-6 Step back left, step right beside left
7-8 Step forward left, hold

SIDE ROCK CROSS, HOLD, SIDE ROCK CROSS, HOLD

1-2 Rock right to the right, recover on left
3-4 Step right across, hold
5-6 Rock left to the left, recover on right
7-8 Step left across, right, hold

STOMP RIGHT OUT, IN, IN, HOLD, RIGHT COASTER STEP, HOLD

1-2 Stomp right out to the right side, stomp right slightly closer to left
3-4 Stomp right beside left, hold
5-6 Step back right, step left beside right
7-8 Step forward right, hold

STOMP LEFT OUT, IN, IN, HOLD, LEFT COASTER STEP, HOLD

1-2 Stomp left out to the left side, stomp left slightly closer to right
3-4 Stomp left beside right, hold
5-6 Step back left, step right beside left
7-8 Step forward left, hold

RIGHT SHUFFLE FORWARD, HOLD, ½ PIVOT TURN RIGHT, STEP, HOLD

1-2 Step forward right, step left beside right
3-4 Step forward right, hold
5-6 Step forward left, ½ pivot turn right
7-8 Step forward left, hold

FULL TURN LEFT, RIGHT SHUFFLE FORWARD, CHARLESTON KICK, BEHIND, CHARLESTON KICK, TOGETHER

1-2 Make ½ turn left stepping back onto right, make ½ turn left stepping forward onto left
3&4 Step forward right, step left beside right, step forward right
5-6 Point forward left, step left behind right
7-8 Point right back, step right beside left

HEEL & TOE SWIVELS LEFT & RIGHT WITH HOLD

1-2 Swivel heels to the left, toes to the left
3-4 Heels to the left, hold
5-6 Swivel heels to the right, toes to the right
7-8 Heels to the right, hold

LEFT COASTER STEP, HOLD, SIDE ROCK CROSS, HOLD

1-2 Step back left, step right beside left
3-4 Step forward left, hold

5-6 Rock right to the right, recover on left
7-8 Step right across left, hold

LEFT COASTER ¼ TURN, ROCK STEP FORWARD, STEP BACK, HOLD

1-2 Step back left, step right beside left making a ¼ turn right
3-4 Step forward left, hold
5-6 Rock forward right, recover on left
7-8 Step back right, hold

WALK BACK LEFT, WALK BACK RIGHT, HOLD, LEFT COASTER STEP, HOLD

1-2 Walk back left, hold
3-4 Walk back right, hold
5-6 Step back left, step right beside left
7-8 Step forward left, hold

REPEAT
