

Rescue Me Boogie

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 2 級數:
編舞者: Jim Ray (USA) & Tina Ray (USA)
音樂: Keepin' Up - Alabama



ROCK STEP FORWARD, ON LEFT AND TURN LEFT, LEFT RIGHT LEFT

1 Step left foot forward
2 Shift weight back to right foot
3&4 Turn ½ turn to the left, stepping left, right, left
5 Step right foot forward
6 Shift weight back to left foot
7&8 Turn ½ turn to the right, stepping right, left, right

TWO SHUFFLES FORWARD, STEPPING LEFT, RIGHT, LEFT AND RIGHT, LEFT, RIGHT

9&10 Shuffle forward left, right left
11&12 Shuffle forward right, left right

STEP TURN A ½, STEP TURN A ½, RIGHT SHOULDER BACK

13 Step left foot forward
14 Pivot a ½ turn, right shoulder back
15 Step left foot forward
16 Pivot a ½ turn, right shoulder back

TURN LEFT ONE FULL TURN, LEFT, RIGHT, LEFT AND TAP RIGHT

17-19 Turn left one full turn stepping left, right, left
20 Tap right toe to your left foot

TURN RIGHT ONE FULL TURN, RIGHT, LEFT, RIGHT AND TAP LEFT

21-23 Turn right one full turn stepping right, left, right
24 Tap left toe to your right foot

STEP LEFT FORWARD, PIVOT A ½ TURN

25 Step left foot forward
26 Pivot a ½ turn to the right

ROLLING TURN STRAIGHT FORWARD A FULL TURN, LEFT, RIGHT, LEFT

If turn too fast, shuffle

27&28 Rolling turn straight, stepping left, right, left a full turn, right shoulder back
29 Tap right toe out to the right
& Step right foot together
30 Tap left toe out to the left
& Step left foot together
31 Tap right toe out to the right
& Step right foot to left together
32 Tap left foot out to the left

REPEAT