

She's A Lady

COPPER KNOB
BY STEPHEN

拍數: 40 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: She's A Lady (Dance Mix) - Tom Jones



WALK, WALK, STEP, PIVOT ½ TURN, TWO TRAVELING KICK-BALL-CHANGES

1-2 Walk forward right, left
3-4 Step forward on right, pivot ½ turn to your left

TRAVELING KICK-BALL-CHANGES (MOVE FORWARD AS YOU DO THESE) -

5&6 Kick right foot forward, set right foot down, step forward on left
7&8 Kick right foot forward, set right foot down, step forward on left

KICK FORWARD, KICK BACK (LEAN FORWARD), TURN ½ TURN TO RIGHT AS YOU KICK FORWARD, STOMP

1 Kick right foot forward
2 Kick right foot back as you lean forward
3 Turning ½ turn to right - kick right foot forward as you stand straight up
4 Stomp right foot forward

KICK FORWARD, KICK BACK (LEAN FORWARD), TURN ½ TURN TO LEFT AS YOU KICK FORWARD, STOMP

1 Kick left foot forward
2 Kick left foot back as you lean forward
3 Turning ½ turn to left - kick left foot forward as you stand straight up
4 Stomp left foot forward

HEEL AND HEEL AND STOMP, CLAP, BOUNCE RIGHT TWICE, BOUNCE LEFT TWICE

1&2 Put right heel forward, put right next to left, put left heel forward
&3-4 Put left next to right, stomp right foot forward, clap
5-6 Bounce 2 times forward on right hip
7-8 Bounce 2 times back on left hip

ROLL HIPS TWICE, SHUFFLE FORWARD, STEP ¼ TURN RIGHT

1-2 Roll hips counter clock wise from moving from 12:00 around back to 12:00
3-4 Roll hips counter clock wise from moving from 12:00 around back to 12:00
5&6 Shuffle forward - right left, right
7-8 Step forward on left, pivot ¼ turn to right (weight is on right)

CROSS SHUFFLE, SIDE ROCK, 2 SAILORS SHUFFLES

1&2 Cross shuffle left over right - left, right, left
3-4 Step right to right side while lifting left slightly off ground, step back on left
5&6 Sailor shuffle - step right behind left, step left to left side, step right to right side and slightly forward
7&8 Sailor shuffle - step left behind right, step right to right side, step left to left side and slightly forward

REPEAT