

Sho'nuf

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jamie Marshall (USA) - November 2012
音樂: Sho' Enough - Tommy Castro : (CD: Swingin' The Blues Vol. 5)



OR - Any West Coast Swing Music
Start dancing on lyrics

WALK, WALK, CROSS, STEP BACK, COASTER STEP, POINT, HEEL, REPEAT
(Option: Replace first 6 counts with WCS Sugar Push)

1-2 Step R forward (1), step L forward (2),
3&4 Cross R behind L (3), step L back (remains crossed over R) (&), step R back (4),
5&6 Step L back (5), Step R next to L (&), Step L forward (6),
7& Touch R to side (7), Replace R next to L (&),
8& Extend L heel forward (8), Replace L next to R (&) (12:00)

9-16& Repeat 1-8& (12:00)*

POINT WITH PUSH, COASTER, TOUCH, STEP, SCUFF, HITCH, POINT

17-18 Touch R to side (17), Turn ¼ R, kicking R forward (18),
(Styling: Push hips back and extending arms with palms facing out)
19&20 Step R back (19), Step L together (&), Step R forward (20),
21-22 Touch L forward, raising L hip (21), Step down on L (22),
23&24 Scuff R foot forward (23), Hitch R (&), Point R forward (24) (3:00)

CROSS, STEP, CROSS, STEP, FORWARD, ¼ TURN L, ¼ TURN L

25-26 Point R over L (25), Step R to R (26),
27&28 Cross L behind R (27), Step R to R (&), Step L forward (28)
29-30 Touch R forward (29), Pivot ¼ L, rolling hips counter-clockwise (weight remains on L) (30),
31-32 Touch R forward (31), Pivot ¼ L, rolling hips counter-clockwise (weight remains on L) (32)
(9:00)

REPEAT

*RESTART: On 10th Rotation, restart after 16 counts (immediately after instrumentals).

Contact: www.thejamiemarshall.com - www.ftwaynedanceforall.com - thejamiemarshall@att.net

Copyright © 2012 Jamie Marshall (thejamiemarshall@att.net) All Rights Reserved
Internet Video Rights assigned to LineLessons.com (info@linelessons.com)
(Revised 11/2012)