

Sittin' Down Here

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Dorothy Petras (USA)
音樂: Sitting Down Here - Lena Marlin



TOE, HEEL AND SAILORS

1-2-3&4 Right toe in to left instep, right heel out angle right, right sailor, (right behind left, side left, side right)
5-6-7&8 Reverse

TRIPLE STEP SIDE RIGHT, ¼ TURN LEFT, COASTER, SHUFFLE FORWARD

1&2-3-4 Step side right, left next to right, step side right(right triple) bring left knee in to right and turn ¼ turn left as you turn left knee out,
5&6-7&8 Left foot back, right foot back, left foot forward (coaster step), right foot forward, left foot behind right, right foot forward (right shuffle forward)

VINE WITH 1 & ¼ LEFT TURN (CRUISIN')

1-4 Step side left, right behind left, step left as you turn ¼ left, step right as you turn ¼ turn left,
5-8 Step left as you turn ½ turn left, step right as you turn ¼ turn left, step left behind right and step side right

ROLL BOTH KNEES OUT, IN, OUT, IN, TURN ¼ TURN RIGHT SKATE FORWARD

1-4 Roll both knees, out, in, out, in, as you turn ¼ turn right (weight is even on both feet)(new wall is at 9:00)

Variation: body roll from right to left for 4 counts as you turn ¼ right ending with weight on left foot

5-8 Skate forward right, left, right, left (angle body toward right 45, then left, then right, then left)

REPEAT
