

Talking Optimistic

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Fran Girvan (AUS)
音樂: Talking Optimist Blues - Neil Diamond



4 CROSS HEEL JACKS

1&2 Cross right over left, step back on left, put right heel at 45 degrees right
&3&4 Step back on right, cross left over right, step back on right, put left heel at 45 degrees left
&5&6 Step back on left, cross right over left, step back on left, put right heel at 45 degrees right
&7&8 Step back on right, cross left over right, step back on right, put left heel at 45 degrees left

4 HEELS FORWARD, (TRAVELING BACK SLIGHTLY)

&9 Step weight to left, touch right heel forward
&10 Step weight to right, touch left heel forward
&11 Step weight to left, touch right heel forward
&12 Step weight to right, touch left heel forward

AND SHUFFLE FORWARD; ROCK STEP; SHUFFLE BACK; TWO ½ TURNS RIGHT

&13&14 Step weight on left, shuffle forward right-left-right
15-16 Rock forward on left, and back onto right
17&18 Shuffle back left-right-left
19 Making ½ turn right, step onto right foot
20 Make another ½ turn right, stepping back on left

SHUFFLE BACK; ROCK STEP

21&22 Shuffle back, right-left-right
23-24 Rock back on left and forward on right

SHUFFLE FORWARD; FORWARD COASTER; BACK COASTER; ¼ TURN LEFT

25&26 Shuffle forward left-right-left
27&28 Step forward on right, bring left together, step back on right
29&30 Step back on left, bring right together, step forward on left
31-32 Step forward on right into a ¼ turn left, return weight to left foot

REPEAT
