

West Coast Boogie

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver west coast swing
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Mary Lou - Delbert McClinton



SWAY, RECOVER, BACK SHUFFLE, FULL TO THE LEFT ROLLING TURN, BACK SHUFFLE

- 1-2 Step forward on right foot and sway right hip forward; rock back onto left foot
3&4 Shuffle back (right, left, right)
5-6 Step back on left foot and begin a full to the left rolling turn traveling back; step on right foot and complete to the left rolling turn
7&8 Shuffle back (left, right, left)

ROCK STEP, TURNING SHUFFLE, MILITARY PIVOT, TURNING SHUFFLE

- 9-10 Step back on right foot; rock forward onto left foot
11&12 Shuffle to the right (right, left, right) making a $\frac{1}{4}$ turn to the right with these steps
13-14 Step forward on left foot; pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot
15&16 Shuffle forward (left, right, left) making a $\frac{1}{4}$ turn to the right with these steps

ROCK STEP, FORWARD SHUFFLE, WALK, WALK, FORWARD SHUFFLE

- 17-18 Step back on right foot; rock forward onto left foot
19&20 Shuffle forward (right, left, right)
21-22 Step forward on left foot; step forward on right foot
23&24 Shuffle forward (left, right, left)

CROSS, STEP BACK, COASTER STEP, SIDE ROCK STEP, TURNING TRIPLE STEP

- 25-26 Cross right foot over left and step; step back on left foot
27&28 Step back on right foot; step left foot next to right; step forward on right foot
29-30 Step to the left on left foot; rock onto right foot
31&32 Triple step in place (left, right, left) making a $\frac{1}{2}$ turn to the left on these steps

REPEAT
