

Workin' My Way Back

COPPER KNOB
BY STEPHEN BATES

拍數: 32 牆數: 4 級數: Improver west coast swing
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Working My Way Back to You - The Spinners



SIDE STEP, SYNCOPATED SIDE ROCK STEP, CROSS, SIDE, BEHIND, TURNING SHUFFLE

- 1-2 Step to the right on right foot; slide left foot next to right and step
3&4 Step to the right on right foot; rock to the left onto left foot; cross right foot over left and step
5-6 Step to the left on left foot; cross right foot behind left and step
7&8 Side shuffle to the left (left, right, left) making a ¼ turn to the left on these steps

HIP SWAYS, FORWARD SHUFFLE, MILITARY PIVOT TO THE RIGHT, FORWARD SHUFFLE

- 9-10 Step forward on right foot and sway right hip forward; rock back onto left foot and sway left hip back
11&12 Shuffle forward (right, left, right)
13-14 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot
15&16 Shuffle forward (left, right, left)

CROSS, SIDE STEP, HEEL TAP, TOGETHER, CROSS, SIDE STEP, HEEL TAP, TOGETHER

- 17-18 Cross right foot over left and step; step to the left on left foot
19-20 Tap right heel forward and diagonally to the right; step right foot next to left
21-22 Cross left foot over right and step; step to the right on right foot
23-24 Tap left heel forward and diagonally to the left; step left foot next to right

CROSS, STEP BACK, FORWARD SHUFFLE, ROCK STEP, TURNING SHUFFLE

- 25-26 Cross right foot over left and step; step back on left foot
27&28 Shuffle forward (right, left, right)
29-30 Step forward on left foot; rock back onto right foot
31&32 Shuffle in place (left, right, left) making a ½ turn to the left with these steps

REPEAT
