

Holdin' Back The Water

COPPER KNOB
STEPPERS

拍數: 16 牆數: 2 級數: Improver
編舞者: Michael Barr (USA)
音樂: Rompin' Stompin' Blues - The Judds



The count for each of the suggested pieces of music uses the slow tempo

WALK, WALK - FORWARD, ½ PIVOT, FORWARD

1-2 Step right foot forward, step left foot forward
3 Step ball of right foot forward
& Pivot ½ turn left, shifting weight forward to left foot
4 Step right foot forward

WALK, WALK - ROCK FORWARD, RETURN, ½ TURN

1-2 Step left foot forward, step right foot forward
3 Step ball left foot forward
& Return weight to right foot in place
4 Turn ½ left, stepping left foot forward

Styling: allow your right leg/foot to swing around low after count 4 (like a sweep), preparing for the next step

SYNCOPATED 3 STEP JAZZ BOX - CROSS, SIDE, BEHIND

1&2 Step right foot across in front of left, step left foot back, step right foot to right side and slightly back (body is now facing the right diagonal)
3&4 Step left foot in front of right, step right foot to right side, step left foot behind right and slightly back

When you step behind on count 4 allow your body to face the left diagonal

RIGHT SCISSORS - ½ TURN WALK (LEFT, RIGHT, LEFT,)

1 Step onto ball of right foot side right and slightly back (think "lift")
& Step onto ball of left next to right (think "lift")
2 Step right in front of left (think "lower")

You have stayed facing the left diagonal during these last 2 counts

3 Begin a smooth rounded (½ turn by count 4) to the left starting with a step on the left foot
& Continue your turn with another step heading around to your left on the right foot
4 Finish your ½ turn to face the back wall stepping forward on the left foot

Counts 3 & 4 are meant to be a rounded turn, making an arch in 3 walking steps

REPEAT