

Easy Does It

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Kerri Reid (CAN)
音樂: How Do You Do! - Roxette



Choreographed for St Jude's Benefit (Jan 2005)

WALK, WALK, SHUFFLE, ROCK STEP, COASTER STEP

1-2 Right step forward, left step forward
3&4 Right shuffle forward
5-6 Left rock forward, recover back right
7&8 Left coaster step back

POINT CROSS, POINT CROSS, HEEL & HEEL & STEP ½ TURN

1-2 Point right toes to right side, right step across in front of left
3-4 Point left toes to left side, left step across in front of right
5&6& Present right heel, step home, present left heel, step home
7-8 Step right foot forward, make ½ turn left

POINT CROSS, POINT CROSS, HEEL & HEEL & STEP ¼ TURN

1-2 Point right toes to right side, right step across in front of left
3-4 Point left toes to left side, left step across in front of right
5&6& Present right heel, step home, present left heel, step home
7-8 Step right foot forward, make ¼ turn left

BUMP & STEP, BUMP & STEP, CROSS SHUFFLE, SLIDE, TOUCH

1&2 On a 45 to corner, bump hips right, then step right
3&4 On a 45 to corner, bump hips left, then step left
5&6 Cross right foot over left and shuffle to the left
7-8 Slide to the left (taking weight), touch right beside left

REPEAT

Depending on how aerobic you feel, you can take out the point crosses and substitute with cross & heel & cross & heel and heel & heel and step, turn

For styling, instead of a touch at the end, you can hitch your right leg, or flick your right foot behind your left leg