

Dance For Life

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner line/contra dance
編舞者: Phil Johnson (UK)
音樂: Live It Up - Mental As Anything



Choreographed for Cancer Research UK's "Breast Awareness Month" Charity Linedance held at Bridlington's Leisure World on the 4th October 2003

WALK FORWARD RIGHT, LEFT: STEP PIVOT, WALK FORWARD RIGHT, LEFT: STEP PIVOT

- 1-4 Step forward right, step forward left, step forward right, pivot half turn left (weight on left foot forward)
5-8 Repeat steps 1-4

LET'S GO WALKABOUT

VINE RIGHT AND LEFT WITH QUARTER TURN RIGHT AND HITCH, VINE RIGHT, TOUCH

- 9-12 Step right to right side, step left behind right, turning quarter turn right stepping onto right, hitch left knee up
13-16 Step left to left side, right behind left, step left to left side, (weight on left) quarter turn right hitching right knee up
17-20 Step right to right side, step left behind right, step right to right side, touch left toe next to right foot

WALK FORWARD LEFT, RIGHT: STEP PIVOT, WALK FORWARD LEFT, RIGHT: STEP PIVOT

- 21-24 Step forward left, step forward right, step forward left, pivot half turn right (weight on right foot forward)
25-28 Repeat steps 21-24

VINE LEFT, TOUCH

- 29-32 Step left to left side, step right behind left, step left to left side, touch right toe next to left foot

REPEAT
