

Dancin' All Night Long

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Leonie Smallwood (AUS)
音樂: Mambo Mambo - Lou Bega



- 1-2 Step right foot to right side, step left foot beside right
3& Step right foot to right side, step left foot beside right
4 Step right foot to right side
Option: push hips to left with each step right, center hips with each step together
5-6 Step/rock forward on left foot, tock back onto right
7-8 Step/rock back on left foot, rock forward onto right
- 1-2 Step left foot to left side, step right foot beside left
3& Step left foot to left side, step right foot beside left
4 Step left foot to left side
Option: push hips to right with each step left, center hips with each step together
5-6 Step/rock forward on right foot, rock back onto left foot
7& Step right foot back, step left foot beside right
8 Step right foot forward (coaster step)
- 1-2 Step left foot forward, step right foot forward
3& Hook left foot behind right leg, step back on ball of left foot
4& Touch right heel forward, step ball of right foot beside left (taking weight)
5-6 Step left foot forward, step right foot forward
7& Hook left foot behind right leg, step back on ball of left foot
8& Touch right heel forward, step ball of right foot beside left (raking weight)
- 1-2 Touch left foot forward, pivot ½ turn right on right foot
3&4 Shuffle left-right-left turning ½ turn right
5-8 Step right foot back diagonal right to swing hips right-left-right-left
Finish with weight on left
- 1&2 Step right foot behind left, step left foot to left side, step right foot in place (right sailor step)
3&4 Touch ball of left foot beside right, push left heel down & pop right knee, push right heel down & pop left knee
5-6 Touch left foot forward, pivot ½ turn right on right foot
7-8 Step left foot forward, turn ½ turn right on left foot (hooking right foot up in front of left)
- 1-2 Step/rock right foot to right side, rock weight onto left
3&4 Touch ball of right foot beside left, push right heel down & pop left knee, push left heel down & pop right knee
5-6 Touch right foot forward, pivot ½ turn left on left foot
7-8 Touch right foot forward, pivot ½ turn left on left foot
- 1-2 Step right foot across in front of left, step left foot to left side
3&4 Step right across behind left, step left foot to left side, step right foot in place
5-6 Step left foot across in front of right, step right foot to right side
7&8 Step left across behind right, step right foot to right side, step left foot in place
- 1-2 Step right across in front of left, turn ¼ turn right to step back on left

3-4 Turn ½ turn right on left to step right foot forward, turn ½ turn right on right to step left foot back

Option: replace counts 3&4 with step right foot back step left foot back

5&6 Step right foot back, step left foot beside right, step right foot forward (right coaster step)

7-8 Step left foot forward (big step), drag right foot forward towards left (keep weight on left)

REPEAT
