

Crossroad

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2
編舞者: Carol Aveiro (USA)
音樂: Rescue Me - Rick Tippe



This dance is dedicated to my Mom, Bertha Holmberg, whom despite all of her health problems, still manages to inspire me

TOUCH LEFT FRONT, DIAGONAL LUNGE, TRIPLE IN PLACE, REPEAT RIGHT

- 1 Touch forward with left toe
- 2 Face body to right front diagonal, press left foot to left back diagonal, bending right knee into a lunge
- 3&4 Facing front, triple step in place left, right, left
- 5 Touch forward with right toe
- 6 Face body to left front diagonal, press right foot to right back diagonal, bending left knee into a lunge
- 7&8 Facing front, triple step in place right, left, right

TOUCH SIDE LEFT & RIGHT & LEFT, HITCH LEFT, STEP, DIAGONAL LUNGE, TRIPLE IN PLACE

- 1&2& Touch left toe to left side, step left beside right, touch right toe to right side, step right beside left
- 3-4 Touch left toe to left side, hitch left knee
- 5 Step together with left foot
- 6 Face body to left front diagonal, press right foot to right back diagonal, bending left knee into a lunge
- 7&8 Facing front, triple step in place right, left, right

FORWARD LEFT, TURN LEFT ½, COASTER STEP, FORWARD RIGHT, TURN RIGHT ½, COASTER STEP

- 1-2 Step forward with left foot, turn ½ left on left foot stepping back with right
- 3&4 Step back with left foot, step together with right, step forward with left
- 5-6 Step forward with right foot, turn ½ right on right foot stepping back with left
- 7&8 Step back with right foot, step together with left, step forward with right

CROSS, SIDE, SAILOR SHUFFLE, CROSS, SIDE, SAILOR SHUFFLE

- 1-2 Step left across in front of right, step right to right side
- 3&4 With body facing slightly left, step left behind right, rock to right side with ball of right foot, step slightly forward with left
- 5-6 Step right across in front of left, step left to left side
- 7&8 With body facing slightly right, step right behind left, rock to left side with ball of left foot, step slightly forward with right

SHUFFLES FORWARD LEFT, RIGHT, LEFT, RIGHT

- 1&2 With body facing slightly right, shuffle forward left, right, left
- 3&4 With body facing slightly left, shuffle forward right, left, right
- 5-8 Repeat above 4 counts

TOUCH FRONT, SIDE, AND SIDE, CROSS, UNWIND, CLAP, COASTER STEP

- 1-2 Touch left forward slightly across in front of right, touch left toe to left side
- &3-4 Step left beside right, touch right toe to right side, cross ball of right foot tightly across in front of left
- 5-6 Unwind ½ turn left keeping weight on left foot, clap

7&8

Step back with right, step together with left, step forward with right

REPEAT
