

Coming & Going (P)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Partner
編舞者: Pip & Carolann
音樂: Who's Gonna Hold Me - John McCabe



Position: Start side by side. Man on Left, Lady on Right, holding inside hands. Man's steps shown. Lady's steps are on opposite feet and mirror image, except where stated

MODIFIED RUMBA BOX

1-2 Step left to left, close right together
3&4 LEFT shuffle forward left-right-left
5-6 Step right to right, close left together
7&8 RIGHT shuffle backward right-left-right

ROCK STEP, SHUFFLE HALF TURN TWICE, CHANGING HANDS

9-10 Step back on left, recover onto right
11&12 Forward shuffle left-right-left half turning right
13-14 Step back right recover onto left
15&16 Forward shuffle right-left-right half turning left

Keep hold of both hands. Now back to facing LOD. Raise mans left hand, ladies right hand, half turn lady out, to face RLOD

LADY REVERSE STEP PIVOT TURN, KEEP HOLD OF BOTH HANDS, ENDING IN RIGHT HAMMERLOCK (AKA TAMARA, PRETZEL HOLD)

Lady's left arm behind her back Now

FORWARD & REVERSE SHUFFLES, (COMING & GOING)MAN:

17-18 **MAN:** Step back on left, recover onto right
 LADY: Half turn right under raised hands stepping forward onto right, step left in place. Now facing RLOD

19&20 **MAN:** Forward shuffle left-right-left
 LADY: Backwards shuffle right-left-right

21-22 **MAN:** Step forward on right recover onto left
 LADY: Step back onto left recover onto right

23&24 **MAN:** Backward shuffle right-left-right
 LADY: Forward shuffle left-right-left

LADY STEP PIVOT. BOTH FORWARD SHUFFLE

25-26 **MAN:** Step left foot back, recover weight onto right
 LADY: Step forward onto right, half pivot left

27&28 **MAN:** Forward shuffle left-right-left
 LADY: Forward shuffle right-left-right

Both in LOD

FORWARD LOCK STEP AND SHUFFLE

29-30 Walk forward right left
Alternatively, step forward right and lock left behind right
31&32 Forward shuffle right-left-right

Now back into original starting position

As an alternative, on steps 15&16, use only man's left and lady's right hands

Man take bigger steps to align in front of and facing lady, stay in this position through to step 26

On steps 27&28 regain side by side position and change hands

REPEAT
