

Cool Blues Walk

COPPER KNOB
STEPPERS

拍數: 48

牆數: 4

級數: Intermediate/Advanced west coast
swing



編舞者: Mike Salerno (USA)

音樂: Cool Blues Walk - Eddy "The Chief" Clearwater

TRAVELING SUGAR FOOT, ROCK ACROSS, RONDÉ/SAILOR STEP

- 1 Swivel on left foot, curving in/out with right foot from 1st to 5th position
- 2 Swivel on right foot, curving in/out with left foot from 1st to 5th position
- 3 Swivel on left foot, curving in/out with right foot from 1st to 5th position
- 4 Swivel on right foot, curving in/out with left foot from 1st to 5th position
- 5-6 Rock/step right foot to left diagonal, step left foot in place
- &7 Sweep right around right side and cross/step right foot behind left foot
- & Step ball of left foot to left side
- 8 Replace weight to right foot

ROCK ACROSS, RONDÉ/SAILOR STEP, STEP, PIVOT, KICK-BALL-CHANGE

- 9-10 Rock/step left foot to right diagonal, step right foot in place
- &11 Sweep left around left side and cross/step left foot behind right foot
- & Step ball of right foot to right side
- 12 Step left foot in place
- 13 Step right foot forward
- 14 Pivot a ½ turn left, transferring weight to left foot
- 15& Kick right foot forward, step on ball of right foot behind left foot
- 16 Step left foot in place

TRAVELING SUGAR FOOT, ROCK ACROSS, RONDÉ/SAILOR STEP

- 17-24 Repeat counts 1-8 above

ROCK ACROSS, RONDÉ/SAILOR STEP, ROCK/STEP, 1 ½ TURN BACKWARDS

- 25-28 Repeat counts 9-12 above
- 29 Rock/step right foot forward
- 30 Step left foot in place, begin turn to right
- 31 Make a ½ turn right on ball of left foot, step right foot forward
- & Make a ½ turn right on ball of right foot, step left foot backwards
- 32 Make a ½ turn right on ball of left foot, step right foot forward

CAMEL WALK VARIATION, ROCK/STEP, SYNCOPATED SIDE POINTS

- 33 Step left forward
- 34 Lock/step right to left side of left foot causing left knee pop
- 35-36 Repeat counts 33-34 above
- 37-38 Rock/step left foot forward, step right foot in place
- &39 Step left foot beside right foot, point right toe to right side
- &40 Step right foot beside left foot, point left toe to left side

¼ TURN AND KICK-BALL-TOUCH, KICK-BALL-TOUCH, THREE CAMEL WALKS, HOLD

- 41& ¼ Turn right, kick left foot forward, step on ball of left foot beside right foot
- 42 Touch right foot beside left foot
- 43& Kick right foot forward, step on ball of right foot beside left foot
- 44 Touch left foot beside right foot
- &45 Step left foot forward with straight knee, while executing a right knee pop

&46 Step right foot forward with straight knee, while executing a left knee pop
&47 Step left foot forward with straight knee, while executing a right knee pop
48 Hold

REPEAT
