

Cindy's Down & Dirty

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Cindy Hall (USA), GYTAL (USA) & TGIF Country Dancers
音樂: Strokin' - Clarence Carter



REGGAE RIGHT - STEP RIGHT, WIGGLE, BRING LEFT NEXT TO RIGHT

1-4 Step right foot to side for two beats, wiggle, bring left foot beside right on third beat, wiggle/hold on 4

REGGAE LEFT - STEP LEFT, WIGGLE, BRING RIGHT NEXT TO LEFT: REPEAT

5-12 Step left foot to side for two beats, wiggle. Bring right foot beside left, wiggle/hold on 4, repeat

ROCK RECOVER, SHUFFLE BACK

13-16 Weight on left foot, right foot rock forward then return weight to left foot. Shuffle back right, left, right

17-20 Weight on right foot, left foot rock back then return weight to right foot shuffle forward left, right, left

ROCK RECOVER ½ TURN RIGHT, SHUFFLE. ROCK RECOVER ½ TURN LEFT, SHUFFLE, ½ TURN, ¼ TURN LEFT STOMP STOMP

21-24 Rock forward on right foot then change weight to left foot and make a ½ turn to the right, shuffle forward right, left, right

ROCK FORWARD ON LEFT, RECOVER RIGHT, SHUFFLE ½ TURN TO LEFT

25-26 Rock forward left, recover right

27&28 ½ turn shuffle left-right-left) to left

29-32 Step forward on right foot then change weight to left foot and make a ½ turn to the left, step forward on right foot then change weight to left foot and make a ¼ turn to left, stomp with right foot, stomp left foot & clap, shift weight to left to get ready for the reggae steps

REPEAT
