

Clare Country Boogie

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Karen Melanson (CAN)
音樂: Any East Coast Swing Rhythm



CLAP, STOMP RIGHT, HEEL SWITCHES, ¼ & ½ PIVOTS.

- 1-2 Clap. Stomp right foot (no weight)
- 3&4 Right heel forward, switch to left heel forward
- 5-6 Step forward on left foot, pivot ¼ turn to right putting weight onto right foot.
- 7&8 Step forward on left foot, pivot ½ turn to right putting weight onto right foot.

SHUFFLE LEFT FORWARD, PIVOT ½ LEFT, SHUFFLE RIGHT FORWARD, PIVOT ½ RIGHT

- 1&2 Step forward on left, step right next to left, step forward on left.
- 3-4 Step forward on right, pivot ½ turn left (weight on left foot).
- 5&6 Step forward on right, step left next to right, step forward on right.
- 7-8 Step forward on left, pivot ½ turn right (weight on right foot).

HIP BUMPS, CHARLESTON.

- 1-2 Step forward on left foot bumping left hip twice.
- 3-4 Bump right hip back twice.
- 5-6 Step forward on left foot, kick right foot forward.
- 7-8 Step back on right foot, touch left toe back.

LEFT KICK BALL CHANGE, KICK STEP, RIGHT KICK BALL CHANGE, KICK STEP.

- 1&2 Kick left foot forward, step on ball of left foot, lift right slightly and step on right.
- 3-4 Kick left foot forward, step on left foot.
- 5&6 Kick right foot forward, step on ball of right foot, lift left slightly and step on left.
- 7-8 Kick right foot forward, step on right foot.

REPEAT
