

Bruce On The Loose (P)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Partner
編舞者: Jeff Mills (UK) & Thelma Mills (UK)
音樂: Bruce Is Cuttin' Loose - Darl Enga



Position: Right Open Promenade position, holding inside hands. Man's footwork listed. Lady's opposite throughout. Both start with weight on inside feet

WALK TWICE, SHUFFLE, JAZZ BOX ¼ TURN, CROSS

1-2 Walk forward left, right
3&4 Left shuffle forward left-right-left
5-6 Step & cross right over left, step back on left ¼ turn right to face OLOD
7-8 Step right to right side, slightly back, step and cross left over right

Go into double open hand hold

STEP SIDE, TOGETHER, CHASSE ¼ TURN, ROCK STEP ¼ TURN, CHASSE ¼ TURN

9-10 Step right to right side, step left next to right
11&12 Step right to right side, step left next to right, step right ¼ turn right to face RLOD

Release man's right and lady's left hand

13-14 Step and rock forward on left, recover back into right ¼ turn left to face OLOD
15&16 Step left to turn side, step right next to left, step left ¼ turn left to face LOD

Return into double open hand hold, then release man's left and lady's right hand

STEP FORWARD, ¼ TURN TWICE, FLICK, ¼ TURN, TOGETHER, COASTER STEP

17-18 Step forward right, step forward left ¼ turn right to face OLOD

Return into double open hand hold

19-20 Make ¼ turn right stepping back onto right to face RLOD, flick left leg back

Release man's right and lady's left hand

21-22 Step forward left ¼ turn left to face OLOD, step right next to left
23&24 Step back on left, step right next to left, step forward left

Man to move slightly to his left during the coaster step

WALK TWICE, ½ TRIPLE TURN, ROTATE ½ turn, ¼ TRIPLE TURN

25-26 Walk forward right, left towards OLOD

Raise hands and man to travel under his left arm with the lady traveling behind the man. You have both now changed sides

27&28 ½ triple turn left right-left-right to face ILOD

29&30 Rotate to the right ½ turn during triple step left-right-left to face OLOD

During and rotation rejoin man's right to lady's left hand

31&32 ¼ triple turn left right-left-right to face LOD

Release man's left and lady's right hand and return into Right Open Promenade position

REPEAT