

Benny Dance

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver line/contra dance
編舞者: Giles Redpath (UK)
音樂: Benny - The Trixters



TOE/HEEL CROSS LEFT AND RIGHT, RIGHT SHUFFLE, LEFT MAMBO

1&2 Right toe to left instep, right heel to left instep, cross right over left
3&4 Repeat 1&2 with left foot
5&6 Right shuffle forward
7&8 Left mambo forward

STEP BACK, TOUCH TWICE, RIGHT ½ TURN SHUFFLE, ROCK AND CROSS

9 Step back diagonally on right foot
10 Touch left next to right
11 Step back diagonally on left foot
12 Touch right next to left
13&14 Right shuffle half turn over right shoulder
15&16 Rock left to left side, rock onto right, cross left over right

CROSS TOE, HEEL TO RIGHT X4

17& Step right to right side place heel down,
18& Repeat 17& with left foot crossing right
19&20& Repeat 17&18

Angle body slightly right looking over left shoulder as though running away

STEP BACK RIGHT, SWEEP X3

21 Step back on right foot,
22 Sweep left from front to behind right foot
23 Repeat 22 with right foot
24 Repeat 22

RIGHT SHUFFLE, ROCK AND CROSS TWICE

25&26 Right shuffle forward,
27&28 Rock left to left side, rock onto right, cross left over right
29&30 Rock right to right side, rock onto left, cross right over left
31&32 Left mambo forward

REPEAT

To dance it contra, start back to back with partner. You will pass on steps 9-12. You will also need to alter 25&26 to a cross shuffle to your left. Counts 27-30 can be used for positioning. Facing couples must be far enough away as not to collide during counts 1-8.