

Back For More

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Joanne Brady (USA)
音樂: Back To Louisiana - Delbert McClinton



"Rollin'" by Garth Brooks

KNEE ROLLS (POPS)

Start with weight on left, with right knee bent and right heel off floor

1-4 Roll right knee in, roll out, roll in, roll out putting weight on right foot

Snap right hand on 2 & 4

With left knee bent and left heel off floor

5-8 Roll left knee in, roll out, roll in, roll out putting weight on left foot

Snap left hand on 6 & 8

TOE STRUTS, "BOOGIE" WALK FORWARD(WITH OPTIONAL HAND MOTIONS)

1-2 Step forward on right toe, drop right heel

3-4 Step forward on left toe, drop left heel

5 Step right foot forward crossing left, slightly twisting to left

6 Step left foot forward crossing right, slightly twisting to right

7 Step right foot forward crossing left, slightly twisting to left

8 Step left foot forward crossing right, slightly twisting to right

Optional Hand Motions: While traveling forward on "boogie" walk hold both hands (fingers spread) at shoulder level and shake

ROMP, "BOOGIE" WALK BACKWARD

&1 Step back on right, tap left heel forward

&2 Step left foot in place, tap right toe at instep

&3 Step back on right, tap left heel forward

&4 Step left foot in place, tap right toe at instep

5 Step right foot back crossing behind left

6 Step left foot back crossing behind right

7 Step right foot back crossing behind left

8 Step left foot back crossing behind right

Option for beats 5-8: if the music is extremely "fast" take a big step back on right (5), drag the left back beside right (6,7), stomp left (8) (left foot takes the weight)

HALF MONTEREY TO RIGHT; QUARTER MONTEREY TO RIGHT

1-2 Touch right toe to side, turn ½ turn right on ball of left foot bringing right beside left

3-4 Touch left toe to side, step left beside right

5-6 Touch right toe to side, turn ¼ turn right on ball of left foot bringing right beside left

7-8 Touch left toe to side, step left beside right

REPEAT

Dance the dance with attitude and your own styling! Have fun with it!

-- Joanne Brady