

Keeping My Distance

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Theresa Needham (UK) - September 2007
音樂: Keeping My Distance - Martina McBride : (CD: Evolution)



Or Music: Happy Girl by Martina McBride [116 bpm / Greatest Hits]

SIDE BEHIND, HEEL BALL CROSS, TOUCH ¼ RIGHT, KICK BALL STEP

1-2& Step left to left side, cross right behind left, step left next to right
3&4 Dig right heel forward, step right next to left, cross left over right
5-6 Touch right out to right side, ¼ turn right, (weight remains on left) (3:00)
7&8 Kick right leg forward, step right next to left, step left forward

STEP ½ RIGHT COASTER STEP, CROSS BACK ¼ LEFT STEP FORWARD

1-2 Step right forward, making ½ turn right step left back (9:00)
3&4 Step right back, step left beside right, step right forward
5-6 Cross left over right, step right back
7-8 Make ¼ turn left stepping left forward, step right forward (6:00)

ROCK RECOVER TRIPLE ¾ LEFT, SIDE ROCK CROSS SHUFFLE

1-2 Rock left forward recover onto right
3&4 Triple ¾ turn left, left, right, left (9:00)
5-6 Rock right to right side, recover onto left
7&8 Cross right over left, step left to left side, cross right over left

FORWARD TOUCH ¼ RIGHT TOUCH, SIDE ROCK RECOVER ¼ RIGHT, WALK WALK

1-2 Step left forward, touch right behind left
3-4 Making ¼ turn right step right to right side, touch left next to right (12:00)
5-6 Rock left to left side, recover onto right making ¼ turn right (3:00)
7-8 Walk forward left, right (option: full turn right)

REPEAT

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