

Lonely Wins

COPPER KNOB
STEPSHEETS

拍數: 44 牆數: 2 級數: Improver
編舞者: Angela Rushing (USA) - August 2007
音樂: Lonely Wins - Billy Ray Cyrus : (CD: Wanna Be Your Joe)



TWO HIPS RIGHT, TWO HIPS LEFT, WALK BACK, TOUCH

1&2 Bump hips to the right twice
3&4 Bump hips to the left twice
5-8 Walk right foot backward - right, left, right and touch

WALK FORWARD, TOUCH, TWO HIPS RIGHT, TWO HIPS LEFT

9-12 walk left foot forward, left, right, left and touch
13&14 Bump hips to the right twice
15&16 Bump hips to the left twice

HEEL SPLITS 4X, SKATE 4X

17&18 Keep weight on balls of feet move both heel out at the same time and then back together
19&20 Repeat 17&18
21 Skate right foot diagonal
22 Skate left foot diagonal
23&24 Keep weight on balls of feet move both heel out at the same time and then back together
25&26 Repeat 23&24
27 Skate right foot diagonal
28 Skate left foot diagonal

MONTEREY ½ TURN (TWICE)

29-32 Touch right toe to right side, on ball of left foot make ½ turn over your right shoulder and step onto your right foot, touch left toe out to the side, step left foot next to right.
33-36 Repeat 29-32

SHUFFLE FORWARD, SHUFFLE BACK

37&38 Right Shuffle forward - right, left, right
39&40 Left Shuffle forward- left, right, left
41&42 Right Shuffle Back- right, left, left
43&44 Left Shuffle Back-left, right, left

REPEAT

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