

Best Foot Forward

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Terri Alexander (USA) - August 2007
音樂: Boogie Down - Al Jarreau



Intro: 32 counts

- 1-8 Walk Forward R / L/ Mambo/ Walk Back L/ R/ Coaster**
1-2 Walk forward R, L
3&4 Rock forward on R, Recover weight to L, Step R beside L
5-6 Walk back L, R
7&8 Step back on L, Step R beside L, Step forward on L (12 o'clock)
- 9-16 R Side Mambo Cross/ L Side Mambo Cross/ Side R/ Step L Behind/ ¼ Shuffle**
1&2 Rock R to R side, Recover weight to L, Cross step R over L
3&4 Rock L to L side, Recover weight to R, Cross step L over R
5-6 Step R to R side, Step L behind R
7&8 Turning ¼ R Step R forward, Step L beside R, Step R forward (3 o'clock)
- 17-24 Rock/ Recover/ Back Shuffle/ ¼ Side Step/ Touch/ Side Step/ Touch**
1-2 Rock forward on L, Recover weight back to R
3&4 Step L back, Step R beside L, Step L back
5-6 Turning ¼ R step R to R side, Touch L beside R
7-8 Step L to L side, Touch R beside L (6 o'clock)
- 25-32 Step forward/ Kick/ Step Back/ Touch Back/ Step/ Pivot 1/4/ Toe Touches**
1-2 Charleston-Step R forward, Kick L forward
3-4 Step back on L, Touch R back
5-6 Step R forward, Pivot turn ¼ L (L takes weight)
7& Slide/touch right toe forward, slide/step right together
8& Slide/touch left toe forward, slide/step left together (3 o'clock)

Repeat

Wherever you are ? Crank it Up?and Dance!!!

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