

The Sailors Hornpipe

COPPERKNOB
BY STEPHEN METZ

拍數: 16 牆數: 2 級數: Beginner
編舞者: Barbara Lowe (UK) - May 2007
音樂: The Sailors Hornpipe - The Royal Philharmonic Orchestra : (CD: Last Night Of The Proms)



Note this is a very fast intro start dancing at 11 sec

Right Mambo left coaster steps X2

1-2 Rock forward on right, rock left in place, step right beside left
3&4 step back on left ,step back on right ,step forward on left
5-6 Rock forward on right, rock left in place, step right beside left
7&8 step back on left ,step back on right ,step forward on left

Syncopated weave right , rock and cross pivot turn step

1&2& step right to right side ,left behind right step right to right side cross left foot over right
3&4& step right to right side, left behind right step right to right side ,cross left foot over right
5&6 rock right to right side cross right over left
7&8 step forward on left pivot 1/2 turn right stepping forward on left

start again and have fun
