

Lay Off My Bss

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Bill "Bongo" Mason (UK) - November 2006
音樂: Blue Suede Shoes - Dave Sheriff : (CD: Sing Along A Dance)



Or MUSIC: Get In Line ? Dave Sheriff (Love To Line Dance CD) CD1-13

HEEL & TOE X 2, TRIPLE LEFT STEP, HEEL TOE X 2, TRIPLE RIGHT STEP

1&2& Left heel, toe, heel, toe
3&4 Triple step left
5&6& Right heel, toe, heel, toe
7&8 Triple step right

MAMBO FORWARD, MAMBO BACK, CROSS SHUFFLE, CROSS SHUFFLE

1&2 Mambo forward on left
3&4 Mambo back on right
5&6 Cross left, right step right to right, cross left, right (moving forward)
7&8 Sweep right over left, step left onto left cross right, left (moving forward)

CROSS BACK, TRIPLE TURN LEFT X 2, LEFT SAILOR STEP

1-2 Cross left over right, step back right
3&4 ½ turn triple left (left, right, left)
5&6 ½ turn triple left (right, left, right)
7&8 Sailor step left

RIGHT ¼ TURN, SAILOR STEP, LEFT SHUFFLE FORWARD, ½ TURN LEFT, HIP BUMPS

1&2 ¼ right turn, sailor step
3&4 Left shuffle forward
5-6 Step forward right, ½ turn left
7&8 Small step forward on right, bump hips right, left, right

Start dance again

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