

Do You

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Nancy Morgan (USA) - January 2008
音樂: Paul McCartney - Scissor Sisters : (CD: Ta -Dah)



Also:

Unchain My Heart by Joe Cocker, Ultimate Collection

Respect Yourself by Aaron Neville Featuring Mavis Staples, CD: Bring It On Home...The Soul Classics

CROSS, STEP, SAILOR SHUFFLE, CROSS, STEP, STEP BEHIND, TOUCH OUT TO SIDE

- 1-2 Cross right foot over left, step left to left side
- 3&4 Sailor shuffle - cross right behind left, step left to left side, step right forward
- 5-6-7-8 Cross left over right, step right to right side, cross left behind right, touch right toes out to right side

CROSS, TOUCH, CROSS, MONTEREY, STEP FORWARD

- 1-2 Cross right over left, touch left out to left side
- 3-4 Cross left over right, touch right out to right side
- 5-6 Swinging right foot behind you so that you turn ½ turn to your right as you set your right foot down next to your left, touch left foot out to left side
- 7-8 Cross left over right, step right forward

STEP BACK ¼ TURN TO RIGHT, STEP FORWARD ¼ TURN TO RIGHT, SHUFFLE FORWARD, JAZZ BOX

- 1-2 Step left back as you turn ¼ turn to your right, step right forward ¼ turn to right
- 3&4 Shuffle forward - left, right, left
- 5-6-7-8 Cross right over left, step left back, step right to right side, step left forward

HIP ROLLS ¼ TURN TO LEFT, WALK, WALK, SIDE ROCK

- 1-2-3-4 Step right forward as you roll your hips counter to the right 2 times while turning ¼ turn to left
- 5-6 Walk forward right, left
- 7-8 Side rock - rock right foot to right side and recover to left

Begin again.
