

Island Dreams

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Ultra Beginner
編舞者: Debbie Hurm - February 2008
音樂: Shiftwork - Kenny Chesney & George Strait



Or: Any fast cha-cha or rumba beat music will work!

SIDE STEP, TOUCH HEEL, SIDE STEP, TOUCH HEEL

1,2,3 Step right to right, step left together, step right to right
4 Touch left heel to left front diagonal
5,6,7 Step left to left, step right together, step left to left
8 Touch right heel to right front diagonal

BACK RLR, FLICK, FORWARD RLR, TOUCH

1,2,3 Step back right, left, right
4 Flick left foot out to left side
5,6,7 Walk forward left, right, left
8 Touch right toe back to right diagonal

SIDE STEP, TOUCH HEEL, SIDE STEP, TOUCH HEEL

1,2,3 Step right to right, step left together, step right to right
4 Touch left heel to left front diagonal
5,6,7 Step left to left, step right together, step left to left
8 Touch right heel to right front diagonal

FORWARD RLR, FLICK, BACK LRL, FLICK

1,2,3 Walk forward right, left, right
4 Flick left foot out to left side
5,6,7, Step back left, right, left
8 Flick right foot out to right side

Repeat

Styling arm movements can be added when beginners learn foot movements. Moving arms in circular motion when stepping sideways, forward, and backward with double arms flicking up and back on foot flicks adds more fun to the dance.
