

Aha! Time Will Heal

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Norma Jean Fuller (USA) - April 2008
音樂: Long Long Way - Alan Jackson : (CD: Good Time)



Slower Teach Song: Things By Bobby Darin CD: The Hit Singles Collection

STEP FORWARD R,L , SHUFFLE FORWARD RLR, ROCK RECOVER, SHUFFLE BACK LRL

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

ROCK BACK RECOVER, R SIDE SHUFFLE ¼ RT, STEP PIVOT ¼ RIGHT, MAMBO BACK

1-2 Right rock back, Left rock forward
3&4 Right step to side, Left step beside right, Right step ¼ turn right
5-6 Left step forward pivot ¼ turn right on right
7&8 Left Rock back lean back with step, Recover wt to Rt, Left step beside rt

Option: elbows bent palms up on step 8 (like so what)

SIDE TOGETHER, R SIDE SHUFFLE, ROCK RECOVER, L SIDE SHUFFLE ¼ LEFT

1-2 Right step to side, Left step beside right
3&4 Right step to side, Left step beside right, Right step to right
5-6 Left rock forward in front of right, Recover weight to right
7&8 Left step to side, Right step beside left, Left step ¼ turn left

RIGHT TOE HEEL, COASTER, LEFT TOE HEEL, COASTER

1-2 Right toe touch beside right, Right heel touch beside left instep
3&4 Right step back, left step beside right, Right step slightly forward
5-6 Left toe touch beside right, Left heel touch beside right
7&8 Left step back, Right step beside left, Left step slightly forward

Repeat