

Sidora Slide

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Nancy Morgan (USA) - July 2007
音樂: 'Til the Dawn - Drew Sidora : (CD: Set Up)



Start: When she starts singing (Very hard intro, but the more you practice....)

Country: Party for Two (Pop Version) by Shania Twain, CD: Party for Two (Pop Version) Single, BPM: 122 (Start: When she starts singing!)

STEP, TOGETHER, STEP, TOGETHER, STEP, TOGETHER, STEP, TOGETHER

1,2,3,4 Step Right foot to Right side, step left next to Right, Step Right foot to Right side, step left next to Right & Clap
5,6,7,8 Step Left foot to Left side, step Right next to Left, Step Left foot to Left side, step Right next to Left & Clap

ROLLING VINE RIGHT, CLAP TWICE, ROLLING VINE LEFT, CLAP

1,2,3,4 Step Right foot forward 1/4 turn to Right, step Left foot to Left side 1/4 turn to Right, step Right foot to Right side 1/2 turn to Right (you should be facing back at your beginning wall), Clap
5,6,7,8 Step Left foot forward 1/4 turn to Left, step Right foot to Right side 1/4 turn to Left, step Left foot to Left side 1/2 turn to Left (you should be facing back at your beginning wall), Clap

TOUCH FORWARD, TOUCH BACK, STEP FORWARD, CLAP TWICE, TOUCH FORWARD, TOUCH, BACK, STEP FORWARD, CLAP TWICE

1& Touch Right Toes forward - Hold
2& Touch Right toes back - Hold
3 Step forward on Right
&4 Clap Twice
5& Touch Left Toes forward - Hold
6& Touch Left toes back - Hold
7 Step forward on Left
&8 Clap Twice

BOUNCE FORWARD ON RIGHT HIP TWICE, BACK ON LEFT HIP TWICE, WALK 2 STEPS FORWARD, STEP 1/4 TURN TO LEFT, SLIDE LEFT TO RIGHT

1,2 Step Right foot forward as you bounce on your Right hip two times
3,4 Bounce back on your Left hip two times
5,6 Walk forward – Right, Left
7,8 Step Right to Right side as you turn 1/4 turn to your Left, slide Left to Right foot

BEGIN AGAIN!