

Hidy - Hide

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Beginner - East Coast Swing
編舞者: Gerald Biggs (USA) - May 2008
音樂: The Old Man Is Down The Road - John Fogerty : (CD: Premonition, live)



Start On Vocals

RT SIDE ROCK, RECOVER, CROSS SIDE SHUFFLE, LT SIDE ROCK, RECOVER, CROSS SIDE SHUFFLE

1-2 Rock side RT on RT, Recover on LT
3&4 Cross side shuffle RT over LT, R,L,R
5-6 Rock side LT on LT, Recover on RT
7&8 Cross side shuffle LT over RT, L,R,L

HEEL, TOE, RT SIDE TOUCH, HITCH ¼ TURN LT, WALK FORWARD, STEP, KICK

1-2 Touch RT heel forward, Touch RT toe next to LT foot
3-4 Touch RT toe to side RT, Hitch RT knee up while turning ¼ turn LT on ball of LT foot
5-6 Walk forward, R,L
7-8 Step forward RT, Kick LT forward

STEP BACKWARDS, TOUCH (CLAPPING ON TOUCHES IS OPTIONAL)

1-2 Step back LT, Touch RT toe next to LT
3-4 Step back RT, Touch LT toe next to RT
5-6 Step back LT, Touch RT toe next to LT
7-8 Step back RT, Touch LT toe next to RT

ROCK, RECOVER, COASTER STEP, SHUFFLE SIDE RT, KICK, KICK,

1-2 Rock forward on LT, Recover on RT
3&4 Step back LT, Step RT next to LT, Step forward LT
5&6 Shuffle side RT, R,L,R
7-8 Double Kick LT forward

SHUFFLE SIDE LT, ROCK BACK, RECOVER, STEP FORWARD, HEEL SCISSORS

1&2 Shuffle side LT, L,R,L
3-4 Rock back on RT, Recover forward on LT
5-6 Step forward on RT, Bring the hollow of LT foot to RT heel
7-8 Scissor heels out, Scissor heels in (scissor on balls of feet)

STEP TURN, ROCK, RECOVER, COASTER STEP, SIDE TOUCH

1-2 Step forward RT, Pivot ¼ turn LT (weight LT)
3-4 Rock forward on RT, Recover back on LT
5&6 Step back RT, Step LT next to RT, Step forward RT
7-8 Step LT to side, Touch RT toe next to LT

Start again