

Foolish Pride

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Marjorie Barnabas-Shaw (MY) - April 2009
音樂: Walkin' Back to Happiness - Helen Shapiro : (Album: Hit Parade 02)



Intro count : Start on lyrics.... 'Walking back to ..' (192 bpm)

A. SIDE STRUT, CROSS STRUT, SIDE ROCK AND CROSS, HOLD.

- 1-2 Touch left toe to lefts side. Drop left heel to floor.
- 3-4 Cross touch right toe over left foot. Drop right heel to floor.
- 5-6 Rock side left. Recover onto right.
- 7-8 Cross left over right. Hold.

B. HEEL, HOLD, TOE, HOLD, SIDE-TOG-SIDE TOUCHES, HOLD.

- 1-2 Dig right heel forward. Hold.
- 3-4 Touch right toe back. Hold.
- 5-6 Touch right toe to right side. Touch right toe beside left foot.
- 7-8 Touch right toe to right side.

C. 1/4 RIGHT HOLD, STEP, HOLD, WALK: R-L-R, HOLD.

- 1-2 Step 1/4 right. Hold.
- 3-4 Step forward left. Hold.
- 5-6 Walk forward right. Walk forward left.
- 7-8 Walk forward right. Hold.

D. STEP, HOLD, PIVOT 1/2 TURN RIGHT, HOLD, SIDE, BEHIND, 1/4 TURN LEFT, HOLD.

- 1-2 Step forward left. Hold.
- 3-4 Pivot 1/2 right. Hold.
- 5-6 Step left to left side. Cross right behind left.
- 7-8 Step 1/4 left on left. Hold.

E. RIGHT SHUFFLE, LEFT SHUFFLE, SYNCOPATED SIDE AND BACK ROCKS.

- 1&2 Step diagonally forward right. Close left beside right. Step diagonally forward right.
- 3&4 Step diagonally forward left. Close right beside left. Step diagonally forward left.
- 5&6&8 Rock right to right side. Recover onto left. Rock back right. Recover onto left.
- 7&8 Rock right to right side. Recover onto left. Step back right.

F. HEEL TOUCHES, CROSS BACK, 1/4 RIGHT, STOMP LEFT, STOMP RIGHT.

- 1-2 Dig left heel forward. Step left to place.
- 3-4 Dig right heel forward. Step right to place.
- 5-6 Cross left behind right. Step 1/4 right on right.
- 7-8 Stomp left beside right. Stomp right beside left.

(*Re-start point on 3rd and 5th sequences)

G. HEEL TOUCHES, SWIVEL LEFT, SWIVEL RIGHT.

- 1-2 Dig left heel forward. Step left to place.
- 3-4 Dig right heel forward. Step right to place.
- 5&6 Swivel heels to left. Return heels to centre. Swivel heels to left.
- 7&8 Swivel heels to right. Return heels to centre. Swivel heels to right.

RE-START: 3rd and 5th sequence after section F

~~***~~ DANCE LIKE YOU HAVE NEVER DANCED BEFORE ~~***~~

