

My Lo Rita (P)

COPPERKNOB
BY STEPHENETS

拍數: 48 牆數: 0 級數: Improver Partner Dance
編舞者: Arne Stakkestad (BEL) - July 2009
音樂: My Loretta - Silver : (Music & lyrics: Indy Lee - start after 16 counts)



Alt. music :

"Let's have a party", Wanda Jackson, start after 32 counts

"Sweet little sixteen", Elvis Presley & Jerry Lee Lewis

"Let's twist again", Chubby Checker

Startposition: Westernposition, RH Lady in LH Man, LH Lady on R shoulder Man, RH Lady on L Hip Lady

Man 1-8 Left side, together, side, together, rocking chair (hips)

1-4 LF side, RF beside LF, LF side, RF beside LF

5-8 LF rock forward, recover on RF, LF rock backwards, recover on RF

Lady 1-8 Right side, together, side, together, rocking chair (hips)

1-4 RF side, LF beside RF, RF side, LF beside RF

5-8 RF rock backwards, recover on LF, RF rock forward, recover on LF

Man 9-16 Left side, together, side, together, rocking chair (hips)

1-4 LF side, RF beside LF, LF side, RF beside LF

5-8 LF rock forward, recover on RF, LF rock backwards, recover on RF

Lady 9-16 Right side, together, side, together, rocking chair (hips)

1-4 RF side, LF beside RF, RF side, LF beside RF

5-8 RF rock backwards, recover on LF, RF rock forward, recover on LF

Hips left when weight on LF, hips right when weight on RF, these first 16 counts

Man 17-24 ¼ side toestrut, ¼ back toestrut, side toestrut, cross toestrut

1-2 ¼ r and LF toe strut to left side

3-4 ¼ r and RF toe strut backwards

RH lady turns under LH Man, loose other hands, we have now changed sides

5-6 LF toe strut to left side

LH Lady takes RH Man, hold both hands

7-8 RF toe strut crossed over LF

Lady 17-24 ¼ side toestrut, ¼ back toestrut, side toestrut, cross toestrut

1-2 ¼ l and RF toe strut to right side

3-4 ¼ l and LF toe strut backwards

5-6 RF toe strut to right side

7-8 LF toe strut crossed over RF

Man 25-32 Chasse L, back rockstep, shuffle ½ L, ¼ L triple

1&2 LF side, RF beside LF, LF side

3-4 RF rock backwards, recover on LF

5&6 ¼ l RF side, LF beside RF, ¼ l RF backwards

7&8 ¼ l LF beside RF, RF beside LF, LF beside RF

RH Lady turns under LH Man and LH Lady takes RH Man, both facing line of dance, side by side

Lady 25-32 Chasse R, back rockstep, shuffle ½ R, ¼ R shuffle fwd

1&2 RF side, LF beside RF, RF side

3-4 LF rock backwards, recover on RF

5&6 ¼ r LF side, RF beside LF, ¼ l LF backwards

7&8 ¼ r RF forward, LF beside RF, RF forward

Man 33-40 Hip bumps with twists, heelstrut fwd, ½ L heelstrut fwd

1-2 hip and heels to right, hip and heels left

3-4 hip and heels to right, hip and heels left

Bump hips together and loose hands

5-6 RF heel strut forward (knip RFingers)

7-8 ½ left LF heel strut forward (knip LFingers)

Lady 33-40 Hip bumps with twists, heelstrut fwd, ½ R heelstrut fwd

1-2 hip and heels left, hip and heels to right

3-4 hip and heels left, hip and heels to right

5-6 LF heel strut forward (knip LFingers)

7-8 ½ right RF heel strut forward (knip RFingers)

Man 40-48 heelstrut fwd, ½ L heelstrut fwd, ¾ L, cross shuffle

1-2 RF heel strut forward (knip RFingers)

3-4 ½ left LF heel strut forward (knip LFingers)

5-6 ½ left RF backwards, ¼ left LF side

7&8 RF cross over LF, LF beside RF, RF cross over LF

Lady 40-48 heelstrut fwd, ½ R heelstrut fwd, ¾ R, cross shuffle

1-2 LF heel strut forward (knip LFingers)

3-4 ½ right RF heel strut forward (knip RFingers)

5-6 ½ right LF backwards, ¼ right, RF side

7&8 LF cross over RF, RF beside LF, LF cross over RF

Startposition, start again

Ending

IN the 11th wall, after count 16, add 2 counts, bump hips L,R, Man, or R,L Lady

Linedance:

To dance as a line dance, use steps of the Man, and do a ½ left LF forward on count 46, and RF shuffle forward

On counts 47&48 (full turn, shuffle fwd), then you become a 4 wall linedance
