

Stuff You Gotta Watch

COPPERKNOB
BYEPOSTETS

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Stuff You Gotta Watch - Levon Helm : (CD: Electric Dirt)



Introduction: 16 Counts - CCW Rotation,

Sec. I (1- 8) FORWARD, & BACK & FORWARD, FORWARD: REPEAT

1 LEFT Step forward;
&,2, RIGHT Rock/Step (Toe/Ball or Heel) forward, LEFT Recover/Step back,
&,3 RIGHT Rock/Step back, LEFT Recover/Step forward
4 RIGHT Step forward
5 LEFT Step forward
&,6, RIGHT Rock/Step (Toe/Ball or Heel) forward, LEFT Recover/Step back,
&,7, RIGHT Rock/Step back, LEFT Recover/Step forward
8 RIGHT Step forward

Sec. II (9-16) FORWARD, TURN, TURNING TRIPLE, TRIPLE FORWARD, ROCK/FORWARD, RECOVER/BACK

1, 2 LEFT Step forward; Turn 1/2 R with RIGHT Step forward (in place) (6 o'clock)
3,&,4 Turn 1/2 R with LEFT Triple (L side L, R across front of L, L back) (12 o'clock)
5,&,6 Turn 1/2 R with RIGHT Triple forward (R forward, L beside, R forward) (6 o'clock)
7,8 LEFT Rock/Step forward; RIGHT Recover/Step back

Sec.III (17-24) BACK, BACK, TURN, TOUCH, SIDE, TOGETHER, TRIPLE TURN

1, 2 LEFT, RIGHT Steps back
3,4 Turn 1/4 L with LEFT Step side L; RIGHT Toe Touch side R (3 o'clock)
5,6 RIGHT Step side R; LEFT Step beside R
7,&,8 Turn 1/4 R with RIGHT Triple (R side R, L together, R forward with turn) (6 o'clock)

Styling Note: Optional: on Counts 1 & 2: execute as "Boogie Walks" back, with L shoulder down on L back, R shoulder down on R back; add hand with finger points down: L with L back, R with R back

Sec.IV (25-32) CROSS/ROCK, RECOVER/BACK, L TRIPLE SIDE, ACROSS, BACK, &-ACROSS-SIDE

1,2 LEFT Cross/Rock forward diagonal R; RIGHT Recover/Step back
3,&,4 LEFT Triple Step side L (L side, R together, L side)
5, 6 RIGHT Step across front of L; LEFT Step back
&,7 Turn 1/4 R with RIGHT Step side R, LEFT Step across front of R, (9 o'clock)
8 RIGHT Step side R

Sec.V (33-40) L SAILOR, R SAILOR, BEHIND, TURN, ROCK/FORWARD, RECOVER/BACK

1,&,2 LEFT Step crossed behind R, RIGHT Rock/Step side R, LEFT Recover/Step side L (in place)
3,&,4 RIGHT Step crossed behind L, LEFT Rock/Step side L, RIGHT Recover/Step side R (in place)
5,6 LEFT Step crossed behind R; Turn 1/4 R with RIGHT Step forward (12 o'clock)
7,8 LEFT Rock/Step forward; RIGHT Recover/Step back

Sec.VI (41-48) SIDE, ACROSS, SIDE-TOGETHER-ACROSS, BACK, FORWARD, TRIPLE TURN

1,2 Turn 1/4 L with LEFT Step side L; RIGHT Step across front of L (9 o'clock)
3,&,4 LEFT Step side L, RIGHT Step beside L, LEFT Step across front of R
5 Turn 1/4 L with RIGHT Step back (6 o'clock)
6 Turn 1/2 L with LEFT Step forward (12 o'clock)
7,&,8 Turn 1/4 L with RIGHT Triple forward (R forward, L beside, R forward) (9 o'clock)

Begin Again

Ending: You will end the dance facing the front wall on the last Section. Execute a Right forward lunge and pose on Count 8 [on your Right Triple forward!]

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