

Panama City

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Paula Baker (USA) - April 2010
音樂: Panama City Nights - Jimmy Watford : (one small 2-ct tag)



Alt. Music:

"This Time I'm Takin' My Time" by Neal McCoy (no tag)

"In A Heartbeat" by Rodney Atkins (no tag)

"I Run To You" by Lady Antebellum (no tag)

SIDE TOGETHER, SHUFFLE FORWARD, SIDE TOGETHER SHUFFLE BACK

1-2 Step right to side, step left together
3&4 Shuffle forward - right, left, right
5-6 Step left to side, step right together
7&8 Shuffle back - left, right left

ROCK RECOVER, SHUFFLE FORWARD, ROCK RECOVER 3/4 TURN SHUFFLE LEFT

1-2 Rock back right, recover forward left
3&4 Shuffle forward - right, left, right
5-6 Rock forward left, recover back right
7&8 Shuffle 3/4 turn left - left, right, left (3:00)

SIDE ROCK, RECOVER, CROSS SHUFFLE, 3/4 TURN RIGHT, SHUFFLE FWD.

1-2 Rock right to right side, recover on left
3&4 Right cross shuffle - right, left, right
5-6 Step back 1/4 turn right on left, 1/2 turn right on right
7&8 Shuffle forward - left, right, left (12:00)

ROCK RECOVER, 1/2 SHUFFLE RIGHT, 1/4 TURN RIGHT, CROSS SHUFFLE

1-2 Rock forward on right, recover on left
3&4 Shuffle 1/2 turn right - right, left, right
5-6 Step forward on left, 1/4 turn to right on right
7&8 Cross shuffle - left, right, left (9:00)

TAG: At the end of wall 4 facing front wall (12:00)

1-2 Touch right out to side, touch right in next to left

E-mail choreographer re: "Panama City Nights". (punkyncoco@aol.com)