

She Likes To Dance

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Linda Pink (AUS) - January 2009
音樂: Movin' And A Groovin' - Eugene Bridges : (Album: Moovin' And A Groovin')



Original Position: Feet Together Weight On The Left Foot.

This dance is done in all FOUR directions. Introduction : 3 Beats

SIDE SHUFFLE, BACK, ROCK, SIDE SHUFFLE, BACK, ROCK

1 & 2 side shuffle to the right step : r-l-r,
3, 4 step l back, rock forward onto r,
5 & 6 side shuffle to the left step : l-r-l,
7, 8 step r back, rock forward onto l.

SHUFFLE FORWARD, SHUFFLE FORWARD, BOOGIE WALK : RIGHT, LEFT, RIGHT, LEFT

1 & 2 shuffle forward step : r-l-r,
3 & 4 shuffle forward step : l-r-l,
5, 6 boogie : step r forward with toe out, step l forward
7, 8 with toe out, step r forward with toe out, step l forward with toe out.

PIVOT TURN, PADDLE TURN, ACROSS, ROCK, SIDE SHUFFLE

1, 2 pivot : step r forward, turn 180° left take weight onto l,
3, 4 paddle : step r forward, turn 90° left take weight onto l,
5, 6 step r across in front of left, rock onto l,
7 & 8 side shuffle to the right step : r-l-r.

ACROSS, SIDE, BEHIND, SIDE, ACROSS, ROCK, SIDE SHUFFLE

1, 2 step l across in front of right, step r to the side,
3, 4 step l behind right, step r to the side,
5, 6 step l across in front of right, rock onto r,
7 & 8 side shuffle to the left step : l-r-l.

KICK BALL CHANGE, PADDLE TURN, KICK BALL CHANGE, PADDLE TURN

1 & 2 kick r forward, step r together, step l together,
3, 4 paddle : step r forward, turn 90° left take weight onto l,
5 & 6 kick r forward, step r together, step l together,
7, 8 paddle : step r forward, turn 90° left take weight onto l.

FORWARD, HOLD, FORWARD, HOLD, "V" STEP

1, 2 step r forward, hold,
3, 4 step l forward, hold,
5, 6 step r forward at 45° right, step l to the side,
7, 8 step r back the centre, step l together.

(48) Repeat the dance in new direction