

Lounge Lizard

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pam Cassells (AUS) - July 2010
音樂: Lounge Lizard - Connie Kis Andersen



Start Position: Feet together - with weight on L foot.
Starts on vocals – (Rotation: Anticlockwise)

BACK, CROSS, BACK, CROSS, SIDE, TOUCH, SIDE, TOUCH

1,2 Step R back to R45, step/cross L over R,
3,4 Step R back to R45, step/cross L over R,
5,6 Step R to R side, touch L beside R,
7,8 Step L to L side, touch R beside L,

STEP, LOCK, STEP, LOCK, SIDE, TOUCH, SIDE, TOUCH

1,2 Step R forward to R45, lock L behind R,
3,4 Step R forward to R45, lock L behind R,
5,6 Step R to R side, touch L beside R,
7,8 Step L to L side, touch R beside L,

R STRUT, L STRUT, CROSS TOE/HEEL STRUT, CROSS TOE/HEEL STRUT

1,2 R toe/heel strut - step R toe forward, drop weight onto R heel,
3,4 L toe/heel strut - step L toe forward, drop weight onto L heel,
5,6 Step/cross R toe over L, drop weight onto R heel,
7,8 Step/cross L toe over R, drop weight onto L heel,

ROCK R, ROCK L, R BEHIND, HOLD, ROCK L, ROCK R, TURN 90° L - STEP L BACK, STEP TOGETHER.

1,2 Step/rock R to R side, rock/replace weight onto L,
3,4 Step R behind L, hold for one count,
5,6 Step/rock L to L side, rock/replace weight onto R,
7,8 Turning 90 degrees L - step L back, step R beside L.

REPEAT DANCE IN NEW DIRECTION

Pam Cassells – ph: 0429 640 510
