

Partytime

COPPERKNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Helen A. Walker (UK) - January 2011
音樂: Inside Out - Imelda May



Alt. Music:

My Kinda Party by Jason Aldean (Fade after 2:58)

Slow: Velvet Sky by Los Lonely Boys

S1. Toe struts and rocking chair

1 Step right toe forward
& Snap right heel down
2 Step left toe forward
& Snap left heel down
3 Rock forward with right foot
& Recover weight back on left foot
4 Rock back with right foot
& Recover weight forward onto left

5&6&7&8& Repeat first four& counts

S2. ¼ Monterey turns to make ½ right Side mambo cross

1 Touch right toe to right side
& Pivot ¼ turn right (3:00) as you bring right foot next to left with weight
2 Touch left toe to left side
& Replace left foot next to right with weight
3 Touch right toe to right side
& Pivot ¼ turn right (6:00) as you bring right foot next to left with weight
4 Touch left toe to left side
& Replace left foot next to right with weight
5 Step right foot to right side
& Recover weight onto left
6 Cross right foot in front of left with weight
& hold
7 Step left foot to left side
& Recover weight onto right foot
8 Cross left foot in front of right with weight
& Hold

S3. Paddle turns with hip movement!

1 Step forward with ball of right foot
& pivot 1/8 turn left on left foot
2 Step forward with ball of right foot
& pivot 1/8 turn left on left foot
3 step forward with ball of right foot
& Pivot a final 1/8 to complete your ½ turn left
4 Step forward with right foot
5 Step forward with ball of left foot
& pivot 1/8 turn right on right foot
6 Step forward with ball of left foot
& pivot 1/8 turn right on right foot
7 step forward with ball of left foot

& pivot 1/8 to complete your 1/2 turn right
8 Step forward on left foot

S4. Salsa style turns

1 Rock right foot back
& Recover weight forward onto left foot
2 Pivot on the ball of left foot as you turn 1/2 left and step back on right foot
3 Rock left foot back
& Recover weight forward onto right foot
4 Step left foot out turning 1/4 to the right
5 Rock right foot back
& Recover weight forward onto left foot
6 Pivot on the ball of left foot as you turn 1/2 left and step back on right foot
7 Rock left foot back
& Recover weight onto right foot
8 Step left foot forward

Begin the dance again and enjoy!

For further information contact: dancer29045@yahoo.com
