

Songbird

COPPER KNOB
BY STEPHEN

拍數: 64

牆數: 4

級數: Easy Intermediate (Reggae Rhythm)



編舞者: Forty Arroyo (USA) - April 2011

音樂: Songbird - Ryan Montbleau : (CD: Heavy On The Vine)

Dedicated to Ms Mellonee Pauley

Dance starts 12 seconds in ON VOCAL - SEQUENCE: AAB, ABB, AAA, BBA, ABB, A**

PART A - VERSE (32 counts)

(1-8) WALK, WALK, STOMP, STOMP, HEEL, STEP, HEEL, STEP

1-4 Small Steps forward – R, L, Stomp forward - R, L

5-8 Tap R heel forward, Step R in place, Tap L heel forward, Step L in place

(9-16) JAZZ BOX W/ TOUCH, SIDE, FLICK, SIDE, HOLD

1-4 Cross R over L, Step back on L, Step R to side, Touch L next to R

5-8 Step L to side, Flick R behind, Step R to side, Hold

(17-24) ROCK, STEP, TOUCH, HOLD - ROCK, STEP 1/8 R, TOUCH, HOLD

1-4 Rock back on ball of L, Step R in place, Touch L forward (toward 11:00), Hold

5-7 Rock back on ball of L, Step R in place turning 1/8 right – toward 1:00, Touch L to side

8 Hold

(25-32) ROCK, STEP 1/8 L, STEP ¼ L, HOLD, ROCK, STEP, TOUCH, HOLD

1-4 Cross rock L over R, Step R in place squaring off to 12:00 (1/8 left)

3-4 Turning ¼ to left – step L forward (now at 9:00), Hold

5-8 Rock R to side, Step L in place, Touch R next to L, Hold

PART B – CHORUS (32 counts)

(1-8) SIDE MODIFIED MAMBOS

1-4 Rock R to side, Step L in place, Touch R slightly forward, Step R next to L

5-8 Rock L to side, Step R in place, Touch L slightly forward, Step L next to R

(9-16) REPEAT – SIDE MODIFIED MAMBOS

(17-24) RUMBA BOX

1-4 Step R to side, Close L, Step R forward, Touch L next to R (or Hold)

5-8 Step L to side, Close R, Step L back, Touch R next to L (or Hold)

(25-32) STEP, TAP, STEP, TAP (REPEAT or SWAY R L R L)

1-4 Step R to side, Tap L in place, Step L to side, Tap R in place

5-8 Repeat (1-4 of this section) or SWAY HIPS R, L, R, L,

****Note: The dance ends perfectly at 9:00 with apart A –**

However for a “12:00” ending – replace the last four counts of A – with: Rock R to side, Step L in place, Cross R over L turning ¼ R..

ENJOY! HAVE FUN!

Contact: Web: www.fortyarroyo.com - email: forty.arroyo@gmail.com