

My Red Solo Cup

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Steve Lustgraaf (USA) - November 2011
音樂: Red Solo Cup - Toby Keith



Step, Lock, Step, Scuff x2

1-2 Step forward R, step L behind R
3-4 Step forward R, scuff L (or just hold)
5-6 Step forward L, step R behind L
7-8 Step forward L, scuff R (or just hold)

Toe Heel Jazz Box

9-10 Touch R toe across L, step on R
11-12 Touch L toe slightly back, step on L
13-14 Touch R toe to right side, step on R
15-16 Touch L toe across R, step on L

Chase Turn, Forward Mambo

17-18 Step forward R, turn ½ turn left placing weight on L (6 o'clock)
19-20 Step forward R, hold
21-22 Rock forward L, replace weight to R
23-24 Step L next to R, hold

Backward Toe Heel x2, Slow Coaster Stomp, Stomp

25-26 Touch R toe back, step on R
27-28 Touch L toe back, step on L
29-30 Step back R, step together L
31-32 Stomp R forward, stomp L forward

Start Again

There is a pause in the song where Toby professes his friendship with his Red Solo Cup, be creative, have fun and enjoy your dance friends until the music starts up again. There are 4 counts before he starts singing again, start from the beginning.

I created this dance because I felt it called for something fun and easy.
I hope you enjoy it with your friends. Remember, no drinks on the dance floor and have fun!

Steve Lustgraaf

Contact: email: dncntime@aol.com - Intime Dance Productions
