

Wrapped Up Good

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ann-Kristin Sandberg (NOR) - February 2013
音樂: Wrapped Up Good - The McClymonts : (3.42 - iTunes)



Start dancing after 8 counts (8 sec)

Rock step-Rock step-Side-Behind-Side-Heels up & down

1-2 Step right foot forward , Recover onto left foot
3-4 Step right foot back , Recover onto left foot
5-6 Step right foot to right side , Step left foot behind right
7&8 Step right foot to right side , Lift both heels up , Both heels down

Chasse ¼ turn-Step-1/4 turn-Forward kick-Back-Touch

1&2 Step left foot to left side , Step right foot next to left, ¼ turn left stepping left foot forward (09.00)
3-4 Step right foot forward , ¼ turn left stepping left foot to left side (facing 06.00)
5-6 Step right foot forward , Kick left foot forward
7-8 Step left foot back , Touch right toe back

Shuffle-Rock step-1/4 turn chasse-Touch-Touch

1&2 Step right foot forward , Step left foot next to right , Step right foot forward (06.00)
3-4 Step left foot forward , Recover onto right foot
5&6 ¼ turn left stepping left foot to left side (facing 03.00), Step right foot next to left , Step left foot to left side
7-8 Touch right toe forward , Touch right toe next to left foot

Forward-Touch-Back-Touch-Walk ½ circle

1-2 Step right foot forward , Touch left toe next to right foot
3-4 Step back on left foot , Touch right toe next to left foot
5-6-7-8 Walk in ½ circle to the left , Right-left-right-left

Enjoy dancing!

Contact: anne88@online.no