

Charleston - Darling

COPPER KNOB
BY STEPHEN METZ

拍數: 112 牆數: 1 級數: Phrased Easy Intermediate - Foxtrot
編舞者: Beate Keller (DE) - April 2013
音樂: Charleston Darling - Günter Noris



Sequence: 16 counts intro / AB-AB - C-C-C-C - AB-AB Ending 12Counts

PART A: (1-48) CHARLESTON STEP (3:00), CHASSE L (12:00), CHARLESTON STEP (9:00), CHASSE R (12:00), CHARLESTON STEP (3:00), CHASSE L (12:00)

- 1-8 LF ¼ turn right and touch fwd(1)-hold(2)-LF step back(3)-hold(4) (3:00) RF touch back(5)-hold(6)-RF step fwd(7)-hold(8)
- 1-8 LF ¼ turn left and step side left(1)-RF step beside on ball & twist r heel to right(2)-LF step side left(3)-RF step beside on ball & twist r heel to right (4) (12:00) LF step side left(5)-RF step beside on ball & twist r heel to right (6)-LF step side left(7)-hold(8)
- 1-8 RF ¼ turn left and touch fwd(1)-hold(2)-RF step back(3)-hold(4) (9:00) LF touch back(5)-hold(6)-LF step fwd(7)-hold(8)
- 1-8 RF ¼ turn right and step side right(1)-LF step beside on ball & twist l heel to left(2)-RF step side right(3)-LF step beside on ball & twist l heel to left (4) (12:00) RF step side right(5)-LF step beside on ball & twist l heel to left (6)-RF step side right(7)-hold(8)
- 1-8 LF ¼ turn right and touch fwd(1)-hold(2)-LF step back(3)-hold(4) (3:00) RF touch back(5)-hold(6)-RF step fwd(7)-hold(8)
- 1-8 LF ¼ turn left and step side left(1)-RF step beside on ball & twist r heel to right(2)-LF step side left(3)-RF step beside on ball & twist r heel to right (4) (12:00) LF step side left(5)-RF step beside on ball & twist r heel to right (6)-LF step side left(7)-hold(8)

PART B: (1-32) HEEL FLICKS R&L 3X, SIT DOWN, STAND UP, TOUCH OUT, CLOSE, SIT DOWN, STAND UP, TOUCH OUT, HOLD (12:00)

- 1-2-3-4 RF flicking right heel back to r diag(1)- RF touch beside(2)-RF flicking right heel back to r diag(3)-RF close beside LF(weight on RF)(4)
- 5-6-7-8 LF flicking left heel back to l diag(1)-LF touch beside(2)-LF flicking left heel back to l diag(3)-LF close beside RF(weight on LF)(4)
- 1-8 Repeat steps 1-8
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- 1-2-3-4 RF&LF sit down(1)-stand up again(2)-RF touch out to right side(3)-RF close beside LF(4) (12:00)
- 5-6-7-8 RF&LF sit down(5)-stand up again(6)-LF touch out to left side(7)-hold(8)

PART C: (1-32) 4 WALL

(1-8) WALK BACK(SLOW), WALK BACK(SLOW), STEP BACK(QUICK), TOGETHER(QUICK), WALK FWD(SLOW)

- 1-2 LF walk back(1)-hold(2) [slow]
- 3-4 RF walk back(3)-hold(4) [Slow]
- 5-6 LF step back(5)-RF step together(6) [quick-quick]
- 7-8 LF walk fwd(7)-hold(8) [Slow]

(9-16) WALK FWD(SLOW), KICK FWD(QUICK), STEP BESIDE(QUICK), ¾ CIRCLE: STEP FWD(SLOW), STEP FWD(SLOW),

- 1-2 RF walk fwd(1)-hold(2) [slow]
- 3-4 LF kick fwd(3)-step beside RF(4) [quick-quick]
- 5-6 RF ¼ turn right and step fwd(5)-hold(6) [slow]
- 7-8 LF step fwd(7)-hold(8) [slow]

(17-24) STEP FWD(QUICK)-LOCK STEP(QUICK), STEP FWD(SLOW), STEP FWD(SLOW), STEP SIDE R(QUICK), STEP BESIDE(QUICK)

- 1-2 RF ¼ turn right and step fwd(1)-LF lock step(2) [quick-quick]
- 3-4 RF ¼ turn right and step fwd(3)-hold(4) [slow]
- 5-6 LF step fwd(5)-hold(6) [slow]
- 7-8 RF step side right(7)-LF step beside RF(8) (9:00) [quick-quick]

(25-32) STEP SIDE R(SLOW), TOUCH BESIDE(SLOW), KICK FWD(QUICK), STEP BESIDE(QUICK), STEP SIDE R(SLOW)

- 1-2 RF step side right(1)-hold(2) [Slow]
- 3-4 LF touch beside RF(3)-hold(4) [Slow]
- 5-6 LF kick fwd(5)-LF step beside RF(6) [quick-quick]
- 7-8 RF step side right(7)-hold(8) Slow]

Ending: with a pose of your choice

Happy dancing...

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