

Just Turning Loose

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Easy Novice
編舞者: Sebastiaan Holtland (NL) - November 2013
音樂: Turn It Over - The Overtones : (CD: Everyday 2009 - iTunes)



Start dancing on the word `Sometimes` (16 Sec)

Sec I: [1-8] Side, Heel & Toe Swivel, 1/4 L, Side, Heel & Toe Swivel, Side Heel & Toe Swivel, 1/4 L, Side, Heel & Toe Swivel.

1&2 Step Lt to the left, swivel Rt heel left, swivel toe left weight onto Lt.
3&4 Turn ¼ left (9) step Rt to the right, swivel Lt heel right, swivel toe right weight onto Rt.
5&6 Step Lt to the left, swivel Rt heel left, swivel toe left weight onto Lt.
7&8 Turn ¼ left (6) step Rt to the right, swivel Lt heel right, swivel toe right weight onto Rt.

Sec II: [9-16] Side Rock, Recover, Together, Side Rock, Recover, Behind, ¼ L, Step, Back, 1/2 Triple Turn L.

1&2 Rock Lt to the left, recover on Rt, step Lt next to Rt.
3&4 Rock Rt to the right, recover on Lt, step Rt slightly behind Lt.
5-6 Turn ¼ left (3) step Lt slightly forward, step Rt slightly back.
7&8 Triple left (9) step Lt slightly forward, step Rt beside Lt, step Lt slightly forward.

Sec III: [17-24] Cross, Back, Out, Out, Walk 3/4 Circle To R.

1-2 Cross Rt over Lt, step Lt back.
3-4 Step Rt out to the right, step Lt out to the left.
5-6 Turn ¼ left (12) walk Rt fwd, turn ¼ left (3) walk Lt fwd.
7-8 Turn ¼ left (6) walk Rt fwd, walk Lt fwd.

Sec IV: [25-32] Syncopated Hip Bumps R-L-R, Side Chasse 1/4 L, 1/2 Pivot L, Step, Heel Touch, Hook.

1&2 Step Rt to the right bump R hip to right, bump L hip to left, bump R hip to right.
3&4 Step Lt to the left, step Rt next to Lt, turn ¼ left (3) step Lt slightly forward.
5-6 Step Rt forward, turn ½ left (9) take weight onto Lt.
7&8 Step Rt forward, touch R heel fwd, hook Lt up across Rt weight onto Rt.

Start again and have fun!

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