

Grooving With You

COPPER KNOB
STEPPERS

拍數: 96 牆數: 4 級數: Phrased Easy Intermediate
編舞者: John Sandham (ES) & Krys Myerscough (ES) - January 2014
音樂: Groovin' with You - Gord Bamford : (Album: Country Junkie - iTunes)



SEQUENCE IS ..A-B-A-B-A-B-A

Part A (four leaf clover) 32 counts

(1-8) Rt side-tog-turn-pivot-turn

1 2 3&4 Step Rt to side. Slide Lt up to Rt. Make a ¼ turn to Rt on Rt Lt Rt.

5 6 7&8 Step Lt foot fwd. Step ½ pivot to Rt. Make a ¼ turn to Lt Rt Lt.

(9-16) Rt Fwd-shuffle-rock rec-1/2 turn

1 2 3& 4 Step Rt fwd- Lt fwd-Shuffle Fwd on Rt Lt Rt.

5 6 7&8 Rock Fwd on Lt-Rec on Rt- ½ turn Lt on Lt Rt Lt.

(17-24) Rt side-tog-turn-pivot-turn

Repeat (1-8) facing back wall (6 Oclock)

(25-32) Rt fwd-Shuffle-pivot-1/2 turn step step.

1 2 3&4 Step fwd on Rt-Then Lt-Shuffle fwd Rt Lt Rt.

5 6 7 8 Step fwd on Lt- Pivot ½ Rt-step fwd on Lt-then Rt.

Part B (main body of dance) 64 counts

(1-8) Lt Rumba Box FWD

1 2 3 4 Step Lt to side-step tog on Rt-step Lt fwd-touch Rt next to Lt.

5 6 7 8 Step Rt to side-step tog on Lt.step bK on Rt-touch Lt next to Rt.

(9-16) Lt & Rt Sissor steps

1 2 3 4 Step Lt to side-slide Rt beside Lt-cross Lt over Rt-hold.

5 6 7 8 Step Rt to side-slide Lt beside Rt-cross Rt over Lt-hold.

(17-24) Lt rumba box Back

Repeat (1-8) travelling back

(25-32) Lt & Rt scissor steps

Repeat (9-16)

(33-40) Rock Rec Cross Side behind sweep turn.

1 2 3 4 Rock Lt to side-Rec on Rt.cross Lt over Rt.step Rt to side.

5 6 7 8 Step Lt behind-Sweep Rt behind Lt (2 counts) -1/4 Lt on Lt.

(41-48) Step Pivot Turn turn Shuffle touch.

1 2 3 4 Step Fwd Rt-pivot ½ turn Lt-step Fwd on Rt ½ Turn-Lt ½ turn.

5& 6 7 8 Shuffle Fwd Rt Lt Rt-step fwd Lt-Touch Rt.

(49-56) Step Slide 2 3 4 Sway

1 2 3 4 Step Rt long Step to side-slide Lt slowly up to Rt.

5 6 7 8 Sway hips Lt-Rt-Lt-Rt.

(57-64) Step slide 2 3 4 sway

1 2 3 4 Step Lt long step to side-slide Rt slowly up to Lt.

5 6 7 8 Sway hips Rt-Lt-Rt-Lt,,,,,start over with A

Contact: sandham454@btinternet.com
