

Pressing On A Bruise

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver
編舞者: Lorna Dennis (UK) - July 2014
音樂: Pressing On a Bruise (feat. Mat Kearney) - Brad Paisley : (Album: Wheelhouse, Deluxe Version - iTunes)



Intro 16 counts

Section 1: Side rock, cross shuffle, ½ hinge turn cross shuffle□

1-2 Rock R to right side, recover onto L
3&4 Step R Across left, (&) step L to left, Step R across left
5-6 Make 1/4 turn right stepping L back, Make 1/4 turn right stepping R to side
7&8 Step L across right, (&) step R to right, Step L across right

Section 2: side rock, cross shuffle, ½ hinge turn, forward shuffle□

1-2 Rock R to right side, recover onto L
3&4 Step R Across left, (&) step L to left, Step R across left
5-6 Make 1/4 turn right stepping L back, Make 1/4 turn right stepping R to side
7&8 Step L forward, (&) step R next to left, Step L forward right

Section 3: Heel and heel, side rock, behind side cross, side rock□

1&2& R Heel forward, replace, L heel forward, replace
3-4 R side rock, replace on L
5&6 R behind left, L to left side, R cross over Left
7-8 L side rock, replace on R

Section 4: Behind side cross, step ½ turn, shuffle forward, mambo step

1&2 L behind right, R to right side, L cross right
3-4 Step forward R, pivot ½ half turn,
5&6 Step R forward, (&) step L next to right, Step R forward right
7&8 Rock forward L, step back R, step L next to Right (take weight on L)

Start dance again and enjoy□

Any info please contact Lorna on: grapevine616@gmail.com