

My Back Door

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Laura Kampschroeder (USA) - September 2013
音樂: Lookin' Out My Back Door - Creedence Clearwater Revival



Practice Music:-

Louisiana Saturday Night by Alabama [81 bpm]

Boondocks by Little Big Town [88 bpm]

Begin on lyrics.

[1-8] □HEEL, HEEL, BEHIND, SIDE, CROSS, HEEL, HEEL, BEHIND, TURN ¼ R, STEP

1-2-3&4 Right heel, heel, behind, step side left, cross right over left

5-6-7&8 Left heel, heel, behind, turn ¼ right and step, step

[9-16] □STEP, HALF TURN LEFT, TRIPLE STEP, ROCK, RECOVER, COASTER STEP

1-2-3&4 Step forward right, ½ turn left and step, triple step forward (R,L,R)

5-6-7&8 Rock forward on left, recover, step back, together, forward

[17-24] □KICK, BALL CHANGE, KICK, BALL CHANGE, ROCKING CHAIR □

1&2-3&4 Kick right, step, step, kick right, step, step

5-6-7-8 Rock forward right, recover, rock back right, recover on left

[25-32] □PADDLE ½ TURN TO LEFT, KICK, BALL, POINT SIDE, KICK, BALL, POINT SIDE

1&2&3&4& Push right, step left, push right, step left, push right, step left, push right, step left as you turn ½ to left.

5&6-7&8 Kick right, step, point left to left side, kick left, step, point right to right side

REPEAT

TAG for Lookin' Out My Back Door only: □

Continue as the music slows toward the end, then after he says "Lookin' out my back door" tap right heel 4 beats, then continue with 1/4 paddle turn to left (12:00) and finish the dance.

Strike a pose on last note with left arm up and right hand on right hip.

Choreographer Contact Information:

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