

Do A Little Dance

COPPER KNOB
BY STEPHEN HETS

Count: 32

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Henry Costa (USA) - November 2015

Musik: Get Down Tonight - KC and the Sunshine Band : (CD: Best Of...)



FORWARD RIGHT, FORWARD LEFT, (RUN IN PLACE) RIGHT, LEFT, RIGHT, KICK, BACK, BACK TOUCH, HALF TURN

- 1-2 forward right, forward left
- 3&4 Run in place with high knee lifts Right, Left , Right
- 5-6 Kick forward Left, back left
- 7-8 back right with a toe touch, ½ turn right stepping down on right

FORWARD LEFT (HIP & HIP), FORWARD RIGHT (HIP & HIP), FORWARD LEFT, FORWARD RIGHT, HEEL SPLIT (2 TIMES)

- 1&2 forward left with hip bump, right hip bump, left hip bump
- 3&4 forward right with hip bump, left hip bump, right hip bump
- 5-6 forward left, forward right
- 7&8& swivel heels apart (making upside down V), return together, swivel heels apart (making upside down V), return together

HALF MONTEREY TURN, QUARTER MONTEREY TURN

- 1-2 Touch right to right side, turn ½ turn step right together
- 3-4 Touch left to left side, step left together
- 5-6 Touch right to right side, turn 1/4 turn step right together
- 7-8 Touch left to left side, step left together

CROSS, SIDE, SAILOR SHUFFLE, FRONT, SIDE, BEHIND, SIDE, FRONT

- 1-2 cross right over left, step side left
- 3&4 cross right behind left, step left to left side, step right in place
- 5-6 cross left in front of right, step right to right side
- 7&8 step left behind right, step right to right side, cross left in front of right.

BEGIN AGAIN

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