

Frank And Lola

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Easy Beginner

Choreographer: Roger Neff (USA) - March 2015

Music: Frank and Lola - Jimmy Buffett



Intro: 32 counts

[1-8]□□ Chassé to R, Back Rock, Chasé to L, Back Rock

1&2,3-4 Step to R, Step L beside R, Step to R, Rock back on L, Recover on R

5&6,7-8 Step to L, Step R beside L, Step to L, Rock back on R, Recover on L

[9-16]□□ R Lock Steps Fwd, Scuff, L Lock Steps Fwd, Scuff

1-2-3-4 Step fwd on R, Lock L behind R, Step fwd on R, Scuff L

5-6-7-8 Step fwd on L, Lock R behind L, Step fwd on L, Scuff R

[17-24]□□ Jazz Box with Cross, Side Touches

1-2-3-4 Step R over L, Step back on L, Step to R, Step L over R

5-6-7-8 Step to R, Touch L beside R, Step to L, Touch R beside L

[25-32]□□ Step Fwd on R, Hold, Turn ¼ to L and Step on L, Hold, □ Swivel Inward Toes, Heels, Toes, Heel Bounce

1-2-3-4 Step fwd on R, Hold, turn ¼ to L and step on L, Hold

5-6-7-8 Swivel toes inward, Swivel Heels inward, Swivel Toes inward, Bounce heels

RESTART: At the end of the 8th rotation there is a Restart at the end of 24 counts.
You will be facing 3:00.

Contact Roger at: lingofun@sbcglobal.net