

Feeling blue at Mardi Gras

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver - Bosa Nova
编舞者: Jean LW LeQUEUX (FR) - February 2015
音乐: A Day In the Life of a Fool - Frank Sinatra



RF: right foot; LF: left foot; LA: legs apart; FT: feet together; WoRF: weight on RF; WoLF: weight on LF

Start with lyrics: WoLF, slightly bend knees, Start with lyrics

SECTION I: SWEEPS FORWARD (RF, LF, RF), TOUCH; SWEEPS BACK, ¼ TURN LEFT

- 1,2 Sweep RF forward on right diagonal, sweep LF near RF and continue sweeping on left diagonal
- 3,4 Sweep RF forward near LF and continue sweeping on the right diagonal, left toes touch RF, WoLF
- 5,6 Sweep RF back on right diagonal, sweep LF near RF and continue sweeping on left diagonal
- 7,8 Sweep RF back near LF and continue sweeping on left diagonal, LF back and ¼ turn left (pivot on right toes), WoLF

SECTION II: BOSA NOVA BOX, JAZZ BOX ¼ TURN LEFT

- 1,2 RF forward, LF near RF
- 3,4 RF back behind LF, left toes touch RF
- 5,6 LF crosses RF (RF behind), RF near LF
- 7,8 LF back ¼ turn left, RF near LF

SECTION III: STEP RIGHT, BEHIND, ¼ TURN LEFT, RF BEHIND ¼ TURN LEFT, TOUCH; STEP LEFT, RF BEFORE ¼ TURN, ¼ TURN LEFT, TOUCH

- 1,2 Stretch right leg on right side pointing toes, LF behind RF ¼ turn left
- 3,4 RF far behind pointing toes ¼ turn left, left toes touch RF
- 5,6 Stretch left leg on left side pointing toes, RF before FT, ¼ turn left
- 7,8 RF far forward pointing toes, ¼ turn left, right toes touch LF

SECTION IV: INVERTED BOSA NOVA BOX, JAZZ BOX

- 1,2 RF back, LF near RF
- 3,4 RF forward before LF, left toes touch RF
- 5,6 LF crosses RF (RF behind), RF near LF
- 7,8 LF back ¼ turn left, RF near LF

Do it again, folks!

Date: Mardi Gras 2015/02/17 - Jean Louis Lequeux Step Sheets
<http://www.weltram.eu/Pages/CountryandLineDance.aspx>
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