

1-2-3 EZ For Me

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4
编舞者: Val Saari (CAN) - April 2018
音乐: 1-2-3 - Len Barry : (iTunes)

级数: Absolute Beginner



POINT OUT-IN-OUT-IN X 2 (R,L)

1-2 Point RF to R side, Touch RF beside L
3-4 Point RF to R side, Step RF beside L
5-6 Point LF to L side, Touch LF beside R
7-8 Point LF to L side, Step LF beside R

TOE/HEEL FORWARD X 2, TOE /HEEL BACK X 2

1-2 Touch RF forward on toes, Step down on heel
3-4 Touch LF forward on toes, Step down on heel
5-6 Touch RF back on toes, Step down on heel
7-8 Touch LF back on toes, Step down on heel

MODIFIED MAMBO RIGHT, LEFT

1-2 Rock RF to right side, Recover LF
3-4 Touch RF toes beside L, Step down on heel
5-6 Rock LF to left side, Recover RF
7-8 Touch LF toes beside R, Step down on heel

ROCKING CHAIR X 2, 1/4 PIVOT R

1-2 Rock RF forward, Recover Left
3-4 Rock RF back, Recover Left
5-6 Rock RF forward 1/4 Pivot R, Recover Left
7-8 Rock RF back, Recover Left

Repeat

No Tags, No Restarts

Last Update - 17th April 2018