

Get A Little Nervous EZ

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2
编舞者: Gwen Walker (USA) - May 2018
音乐: Nervous - Shawn Mendes



#8 ct Intro - NO Tags or Restarts

(This dance created to teach beginner dancers Monterey turns)

[1-8] Step forward diagonal, touch, step back diagonal, touch.

1-4 Step R forward diagonal touch L beside R, Step L forward diagonal touch R beside L.
5-8 Step R back diagonal touch L beside R, step L back diagonal touch R beside L.

[9-16] Charleston steps x 2

1-4 Step R forward, Kick L forward, step back on L, touch R beside L.
5-8 Repeat steps 1-4.

(note: the right touch is beside left to make easier to start monterey turn)

[17-24] ¼ monterey turn x 2

1-4 Touch R out to right side, make ¼ right bringing R beside L(weight on right) (3:00) touch L
 out to left side, step L beside R.
5-8 Repeat step 1-4 (6:00)

[25-32] Rock steps forward, back, weave to right.

1-4 Rock forward on R, recover to L, rock back on R, recover to L.
5-8 Step R to right side, step L behind R, step R to side, cross step L over R. (6:00)

Start dance again. Dance from the Heart with JOY!

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