Dance Like Nobody's Watching

COPPER KNOB

拍数: 32

墙数:4

级数: Beginner

编舞者: GoWildWest Isabel (CH) - March 2025

音乐: Dance Like Nobodys Watching (Instrumental) - Wolfgang Lohr, Emma Lea & Offbeat

(ISI Beginner Training: Swing Steps)

Intro: 1 x 8 counts wait

***3 Tags & Restarts: after Part 2 Face to 9 / after Part 4 Face to 6 / after Part 4 Face to 9 Options : you can easy replace twist steps !

Part 1 : 2x on place twist, touch

1&2	weight on both feets : heel inside, heel outside, heel inside
3, 4	LF toe, weight is on RF, hold in this position do this with left knee outside
5&6	weight on both feets : heel inside, heel outside, heel inside
7, 8	RF toe, weight is on LF, hold in this position do this with right knee outside
(Optional replace twist : step, touch, step, touch, step, toe - right and left side)	
1&2	weight on RF, touch with LF side left, weight on LF, touch with RF side right
&3, 4	weight on RF, toe hold with LF
5&6	weight on LF, touch with RF side right, weight on RF, touch with LF side left
&7, 8	weight on LF, toe hold with RF

Part 2 : 2x toe strut diagonal with weight, bounceturn $\frac{1}{2}$ left

1, 2 RF toe, RF strut, do the strut with full body on RF and do this diagonal with knee out right

- 3, 4 LF toe, LF strut, do the strut with full body on LF and do this diagonal with knee out left
- 5 RF step forward
- 6-8 bounceturn ½ left

Part 3 : walk, kick, back, touch

- 1-3 start with RF and walk forward
- 4 kick with LF and clap your hands
- 5-7 start with LF and go back
- 8 RF touch

Optional you can do with twist one way of this... means for or backward

Part 4: out, in, toe strut turn 1/4 left

- 1, 2 RF goes forward out your hands goes up right, LF goes forward out your hands goes up left
- 3, 4 RF goes back on place your hands goes down right, LF goes back on place your hands goes down left
- 5, 6 RF toe strut forward
- 7, 8 LF toe strut turn ¼ left

Have so much Fun \Box

Last Update: 23 Apr 2025

