

Mary Lou

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: GoWildWest Isabel (CH) - April 2025
音乐: Mary Lou - Rednex



(ISI Beginner Training: Heel Switches & Options)

1 Restart: very good to hear

S 1: Basic R / Basic L (Optional Shuffle)

1, 2 RF right, LF close
3, 4 RF right, LF touch
5, 6 LF left, RF close
7, 8 LF left, RF touch

S 2: K-Step

1, 2 RF diagonal fwd, LF touch
3, 4 LF diagonal back, RF touch
5, 6 RF diagonal back, LF touch
7, 8 LD diagonal fwd, RF touch

S 3: Heel, Heel, Heel & Heel / Paddle Turn

1,2,3 right heel, heel, heel
+ weight on RF
4 left heel
& weight on LF
5, 6 RF fwd with turn 1/8 L, weight on LF
7, 8 RF fwd with turn 1/8 L, weight on LF

S 4: Jazz Box / V-Step

1, 2 RF cross infront, LF step back
3, 4 RF close, LF step fwd
5, 6 RF step fwd out, LF step fwd out
7, 8 RF step back in, LF step back in

Last Update: 23 Apr 2025