

Absolutely Simple Fun!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Linda Nyholm (CAN) - June 2025
音乐: Down At the Twist and Shout - Mary Chapin Carpenter



I slowed the music down for my beginner class but set it at whatever you can handle.

****As you do this dance, put a little body English into it-have some fun!**

SECTION 1 2 FORWARD TOE STRUTS, FRONT MAMBO

1-2-3-4 Step right toe fwd, drop heel, repeat with left

5-6-7-8 Step right fwd, left back right beside left

SECTION 2 2 BACK TOES STRUTS, COASTER

1-2-3-4 Step right toe back, drop heel, repeat with left

5-6-7-8 Step right back, left beside right, step right fwd

SECTION 3 CHARLESTON

1-2-3-4 Point right toe fwd, hold, step right foot in place, hold

5-6-7-8 Point left toe back, hold, step left foot in place, hold

SECTION 4 CHARLESTON WITH LEFT TURNING SAILOR

1-2-3-4 Point right toe fwd, hold, step right foot in place, hold

5-6-7&8 Swing left foot 1/4 to left, step right next to left, step left slightly fwd (9)