

Northern Lights

COPPER KNOB
STEPSHEETS

拍数: 64
编舞者: Doris Lee
音乐: Unknown

墙数: 0

级数:



Position: This dance was Choreographed with a Native Indian Theme in mind- "Pow-Wow" fashion & should be done in Circles facing inward. Circles within Circles is good with inside Circle starting Left & next Circle starting Right.

- 1-4 Right toe/heel down, left toe/heel down (on the spot).
5-8 Repeat steps 1-4.
9-14 Right small step to right side, pull (limp step bending knee slightly) left beside right 3 times.
15-20 Left small step to side, pull right beside left 3 times.
21-24 Pigeon toes twice (split heels apart/bring together).
25-28 Right Charleston step
(Swing right to side/behind left/to side/beside left).
- 29-32 Left Charleston step
(Swing right to side/behind left/to side/beside left).
33-36 Pigeon toes twice.
37-40 Right heel front/hook over left/heel front/hook over left.
41-42 Right heel front & beside left (together).
43-46 Left heel front/hook over right/heel front/hook over right.
47-48 Left heel front & beside right (together).
49-52 Pigeon toes twice.
- 53-54 Raise right knee & arm (over head) & say, "wam", step right & turn ¼ to right, lower arm to hip & say "pum".
55-56 Raise left knee & arm (over head) & say, "wam", step left & turn ¼ to left, lower arm to hip & say "pum".
57-60 Repeat steps 53-56.
61-64 Step right-left-right-left in place (bend knees down on 61-62 & straighten up on 63-64 & say "wam-pum!" With emphasis-cheerleader style).

REPEAT