

100 Years From Now

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Improver east coast swing
编舞者: Max Perry (USA)
音乐: 100 Years From Now - Huey Lewis & The News



STEP FORWARD, KICK BALL CHANGE, STEP FORWARD, ROCK FORWARD, COASTER STEP

- 1 Step left forward
- 2&3 Kick right forward, rock right back, step left in place (recover)
- 4-5-6 Step right forward, rock left forward, step right in place (recover)
- 7&8 Step left back, step right back next to left, step left forward (coaster step)

FORWARD ROCK STEP, TURN ¼ RIGHT, SIDE SHUFFLE, WEAVE

- 1-2 Rock right forward, step left in place (recover)
- 3&4 Turn ¼ right as you do a right shuffle to right side right, left, right
- 5-6-7-8 Cross left over right, step right to right side, cross left behind right, step right to right side

CROSS ROCK, LEFT SIDE SHUFFLE, WEAVE

- 1-2 Cross rock left over right, step right in place (recover)
- 3&4 Left shuffle to left side - left, right, left
- 5-6-7-8 Cross right over left, step left to left side, cross right behind left, step left to left side

CROSS ROCK, RIGHT SIDE SHUFFLE, WALK AROUND TURN, LEFT SIDE SHUFFLE

- 1-2 Cross right over left, step left in place (recover)
- 3&4 Right shuffle to right side - right, left, right (turn toe out on 3rd step of shuffle to get ready to turn)
- 5-6 Step left forward & across right turning right, step right in place (recover) finishing 1 full turn in place
- 7&8 Left shuffle to left side - left, right, left

KICK, KICK, SAILOR SHUFFLE, KICK, KICK, SAILOR SHUFFLE

- 1-2 Kick right in front of left, kick right to right side (forward diagonal)
- 3&4 Cross right behind left, step left to left side, step right in place (sailor shuffle)
- 5-6 Kick left in front of right, kick left to left side (forward diagonal)
- 7&8 Cross left behind right, step right to right side, step left in place

CROSS ROCK, SIDE SHUFFLE, CROSS, STEP BACK TURNING ½ LEFT, SIDE SHUFFLE

- 1-2 Cross rock right over left, step left in place (recover)
- 3&4 Right shuffle to right side - right, left, right
- 5-6 Cross step left over right turning ¼ left, step right back turning ¼ left - traveling to the right
- 7&8 Left shuffle to left side - left, right, left

CROSS ROCK, SIDE SHUFFLE, CROSS, STEP BACK TURNING ½ LEFT, SIDE SHUFFLE

- 1-2 Cross rock right over left, step left in place (recover)
- 3&4 Right shuffle to right side - right, left, right
- 5-6 Cross step left over right turning ¼ left, step right back turning ¼ left - traveling to the right
- 7&8 Left shuffle to left side - left, right, left

STEP FORWARD, HOLD, STEP FORWARD, HOLD, STEP FORWARD, FORWARD, SHUFFLE FORWARD

- 1-2 Step right forward, hold
- 3-4 Step left forward, hold
- 5-6 Step forward right, left
- 7&8 Right shuffle forward - right, left, right

REPEAT
