

West Coast For One

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数:
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音乐: Dance and Shout - Wynonna



WEST COAST BASIC - RIGHT FOOT LEAD ½ TURN LEFT (TWICE)

- 1 Step forward right foot, slightly turning body to left
- 2 Step forward, crossing left foot over right foot while still turning to left (¼ at this point)
- 3&4 Right, left, right, complete turn to left, dipping body into turn
- 5&6 Left, right, left anchor step. Smooth movement. Step left behind right, step right, step left.
- 7-12 Repeat steps 1 through 6.

CROSS STEP, ANCHOR STEP, RIGHT AND LEFT

- 13-14 Cross right foot over left foot, step left with left foot
- 15&16 Right, left, right anchor step. Step right behind left, step left, step right.
- 17-18 Cross left foot over right foot, step right with right foot.
- 19&20 Left, right, left anchor step. Step left behind right, step right with right, step left.

CAMEL WALKS WITH BODY ROLLS

- 21-22 Stepping forward on right foot, pop right knee out, while sliding left foot to back of right foot with a straight leg, weight on left foot while rolling body forward and up.
- 23-24 Repeat steps 21-22.
- 25&26 Anchor step right, left, right.

STEP PIVOT ½ RIGHT, TURN ¾ LEFT, STEP, TOGETHER, STEP

- 27-28 Step forward left, pivot ½ right (weight on right)
- 29-30 Step left foot ¼ to left. Continue turn stepping on right ¼ turn left.
- Don't rush turn, you will finish turn on 31 & 32**
- 31&32 Step left foot to left ¼ turn left, (&) together right, step left to left side.

REPEAT
