

Don Crest Disco Mix

COPPER KNOB
STEPPERS

拍数: 64 墙数: 0 级数:
编舞者: Nelson Wong (CAN)
音乐: Unknown



This dance can be danced as regular 1 wall line dance, as a circle line dance or a contra circle line dance with the inner circle facing outside

ROLLING FULL TURN LEFT, TOUCH, ROLLING FULL TURN RIGHT, TOUCH

- 1 Turn ¼ left as you step left forward (to the side)
- 2-4 Step back turning an additional ½ left, step left to left side by continuing turning ¼ left, touch right next to left
- 5-8 Repeat full turn traveling to the right, touch together

FORWARD & BACK WITH CHA-CHA-CHA'S (BASIC 8 CT. CHA-CHA-CHA)

- 1&2 Step left; right; left (cha-cha-cha with slight progression forward)
- 3-4 Right rock-step forward; left rock-step back (bowing with right hand put in front of waist and palm facing body)
- Say "hello" or "how are you?" (the first time only)
- 5&6 Step right; left; right (cha-cha-cha with slight progression backward)
- 7-8 Step left foot back; hitch right foot and bend your back slight backward

HEEL SWITCHES WITH CLAPS

- 1&2 Touch right heel forward, replace right next to left, touch left heel forward
- 3&4 Replace left next to right, touch right heel forward, clap hands twice
- 5&6 Replace right next to left, touch left heel forward, replace left next to right, touch right heel forward
- 7&8 Replace right next to left, touch left heel forward, clap hands twice

ROCK STEPS LEFT FOOT IN FRONT (OR ROGER RABBIT)

- 1-2 Left foot rock-step forward; right foot rock-step back
- 3-6 Repeat 1-2 two times
- 7-8 Make a ½ turn to the left and step left foot forward; scuff with right foot (everyone now facing outward in the circle)

ROCK STEPS RIGHT FOOT IN FRONT (OR ROGER RABBIT)

- 1-2 Right foot rock-step forward; left foot rock-step back
- 3-6 Repeat 1-2 two times
- 7-8 Make a ½ turn to the right and step right foot; left foot touches next to right foot (everyone now facing inward)

DISCO STEPS TO THE LEFT, RIGHT FORWARD AND BACKWARD

- 1-2 Step left foot to left side, right foot touches next to left foot
- 3-4 Step right foot to right side, left foot touches next to right foot
- 5-6 Step left foot forward, right foot touches next to left foot
- 7-8 Step right foot backward, left foot touches next to right foot

VINE RIGHT, NEW YORK AND SHUFFLE TO THE LEFT

- 1-4 Left foot cross over right foot, side, behind and make a to the right ¼ turn by stepping right foot forward
- 5-6 New York, rock left foot forward and rock back on right foot
- 7&8 Shuffle to the left: left-right-left while making ¼ turn to the left

VINE LEFT, NEW YORK AND STEP/TOUCH

1-6 Repeat previous 6 counts in a mirror image

7-8 Right foot step to right; left foot touches next to right foot

REPEAT
