

Enjoy Yourself

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Upper Beginner
编舞者: Rob Everett (USA) - April 2012
音乐: Enjoy Yourself - Billy Currington



Alt:- "All Day Long" by Billy Currington, or any slow to medium cha-cha

Heel, Cross, Right Side Shuffle, Heel, Cross, Left Side Shuffle

- 1 Touch right heel to the front
- 2 Cross right foot over left foot
- 3&4 Step right foot to the right side (on 3), step left foot beside right foot (on &), step right foot to the right side (on 4)
- 5 Touch left heel to the front
- 6 Cross left foot over right foot
- 7&8 Step left foot to the left side (on 7), step right foot beside left foot (on &), step left foot to the left side (on 8)

Ball Step Forward, Heel Swivels with a ¼ Turn, Sailor Shuffle, Sailor Shuffle

- 1 Step the ball of the right foot to the front
- 2 On the balls of both feet, swivel ¼ turn to the right
- 3 On the balls of both feet, swivel ¼ turn to the left
- 4 On the balls of both feet, swivel ¼ turn to the right (and lower both heels to the floor)
- 5&6 Cross and step left foot behind right foot (on 5), step right foot slightly to the right (on &), step left foot beside right foot at shoulder width (on 6)
- 7&8 Cross and step right foot behind left foot (on 7), step left foot slightly to the left (on &), step right foot beside left foot at shoulder width (on 8)

Shuffle Steps, Shuffle Steps, Shuffle Steps, Pivot ½ Turn

- 1&2 Shuffle Steps (L-R-L), Moving Forward
- 3&4 Shuffle Steps (R-L-R), Moving Forward
- 5&6 Shuffle Steps (L-R-L), Moving Forward
- 7 Step right foot forward
- 8 Pivot ½ turn to the left, shifting weight forward to the left foot

Shuffle Steps, Heel, Cross, Ball Step Forward, Heel Bounces with a ¼ Turn

- 1&2 Shuffle steps (r-l-r), moving forward
- 3 Touch left heel to the front
- 4 Cross left foot over right foot
- 5 Step the ball of the left foot to the front
- 6,7,8 On the balls of both feet, bounce the heels three times while turning to complete a ¼ turn to the right

Prepared by: Rob Everett of Graham, NC / (336) 213-2080 / reverett1@triad.rr.com