

Full English Workout

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Dave Powney (UK) - January 2013
音乐: Corned Beef City - Mark Knopfler : (Album: Privateering)



32 Count Intro (Start On Lyric's) Approx 13 Seconds

Section 1: Arms

Cross,Uncross,Out,In,Fwd,In,Up,Down

- 1,2 Cross Arms Hands Touching Shoulders,Uncross Arms Touch Shoulders
- 3 Point Both Arms Out At Shoulder Height,
- 4 Bring Hands Together In Front Of Chest
- 5,6 Point Both Hands Forward,Bring Both Hands Into Chest
- 7,8 Point Both Hands Upwards, Bring Both Hands Down To Chest

Section 2: Arms Continued

Point R,In,Point L,In,Point R,In,Point L,In

- 1,2 Point Both Hands Down To R,Return Hands To Chest
- 3,4 Point Both Hands Down To L,Return Hands To Chest
- 5,6 Point Both Hands Down To R,Return Hands To Chest
- 7,8 Point Both Hands Down To L,Return Hands To Chest

Section 3: Footwork

Grapevine R,Touch L,Grapevine 1/4turn L,Touch R

- 1,2,3,4 Step R To R,Step L Behind R,Step R To R,Touch L Next To R
- 5,6,7,8 Step L To L,Step R Behind L,Step L 1/4 Turn L Touch R Next To L

Section 4: Footwork

K Step (Diagonal Steps)

- 1,2 Step R Fwd,Touch L Next To R,
- 3,4 Step L Back,Touch R Next To L
- 5,6 Step R Back,Touch L Next To R
- 7,8 Step L Fwd, Touch R Next To L

Section 5: Footwork

Shuffle,Rock,Step,Shuffle,Rock,Step

- 1&2 Step R Fwd,Step L Next To R,Step R Fwd
- 3&4 Rock L Fwd, Recover R,Step L Back,
- 5&6 Step R Back,Step L Next To R,Step R Back
- 7&8 Rock Back L,Recover R, Step L Fwd,

Section 6: Footwork Diagonal Points

Point,Hitch,Point,Hitch,Point,Step,Point,Hitch,Point,Hitch,Point,Step

- 1&2 Point R Toe Back,Hitch R Knee,Point R Toe Back
- 3&4 Point R Toe Fwd, Hitch R Knee,Step R Next To L
- 5&6 Point L Toe Back,Hitch L Knee,Point L Toe Back
- 7&8 Point L Toe Fwd, Hitch L Knee,Step L Next To R

End Of Dance

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