

TX Barefootin' Doubletime

COPPER KNOB
STEPPERS

拍数: 16 墙数: 4 级数: Ultra Beginner
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音乐: Barefootin' - Scooter Lee : (CD: More of the Best - or Jailhouse Creole)



Also: Hooked On Country * You Never Can Tell - Scooter's Test Of Time CD

[1-8] POINT SIDE, STEP TOGETHER - 4 TIMES (R,L,R,L)

- 1-2 Point R toe to right; Step R beside L
- 3-4 Point L toe to L; Step L beside R
- 5-6 Point R toe to right; Step R beside L
- 7-8 Point L toe to L; Step L beside R

Note: Optional hand motions - Take both arms straight out to your sides and bring them back in with a clap.

[9-16] 4 WALKS FORWARD (R,L,R,L), JAZZ BOX WITH 1/4 TURN RIGHT

- 1-4 Walk forward 4 steps - R,L,R,L
- 5 Step R across
- 6 Step L back
- 7 Turn 1/4 right, Step R to right
- 8 Step L beside R

Note: For a 1-wall version of this dance, omit the 1/4 turn and walk back 4 steps R,L,R,L instead of doing the jazz box.

This dance was originally done in 1/2 time with holds on every other count.
When you do it double time, you can do it to any East Coast Swing Rhythm.
It's great to open lungs and create stamina for dancing long term.