

High Blood Pressure

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Weber Wen (USA) - April 2015
音樂: High Blood Pressure - Boz Scaggs : (Album: A Fool To Care)



Start dancing on the word 'high' (Approx. 34 seconds into the track)

STEP, TOUCH, BACK, TOUCH, BACK, TOUCH, STEP, TOUCH (K-STEP)

- 1-2 Step forward diagonally on R, touch L toe next to R
- 3-4 Step back diagonally on L, touch R toe next to L
- 5-6 Step back diagonally on R, touch L toe next to R
- 7-8 Step forward diagonally on L, touch R toe next to L

STEP, 1/2 TURN, SHUFFLE, STEP, 1/2 TURN, SHUFFLE

- 1-2 Step forward on R, pivot 1/2 turn to left (6:00)
- 3&4 Step forward on R, step L next to R, step forward on R
- 5-6 Step forward on L, pivot 1/2 turn to right (12:00)
- 7&8 Step forward on L, step R next to L, step forward on L

ROCK, RECOVER, 1/4 TURN, CROSS, LINDY RIGHT

- 1-2 Cross R over L, recover weight on L
- 3-4 Turn 1/4 to right stepping R to side, cross L over R (3:00)
- 5&6 Step R to side, step L next to R, step R to side
- 7-8 Rock back on L, recover weight on R

OUT, OUT, HOLD, IN, IN, HOLD, SWIVEL

- &1-2 Step forward diagonally on L, step forward diagonally on R, hold
- &3-4 Step back diagonally on L, step R next to L, hold

*easy option: OUT, OUT, IN, IN

- 1-2 Step forward diagonally on L, step forward diagonally on R
- 3-4 Step back diagonally on L, step R next to L
- 5-6 Swivels: shift both heels to left, shift both toes to left,
- 7-8 Repeat counts 5-6

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