

Carolina Shag'N

COPPER KNOB
STEPPERS

拍數: 40 牆數: 1
編舞者: Linda Parker (USA) - June 2015
音樂: It Will Stand - The Showmen

級數: Beginner / Improver



S1: LINDY RIGHT, LINDY LEFT ;

1&2-3-4 Step right to side, step left together, step right to side, rock left back, recover to right
5&6 -7-8 Step left to side, step right together, step left to side, rock right back, recover to left

S2: KICK-BALL-CHANGE (2X), HEEL STRUTS (2X);

1&2 Kick right forward, step ball of right together, step left in place
3&4 Repeat 1&2 : (Keep these step's close to the floor, actually skimming the floor with your foot)
5-6 Step right heel forward, drop toe
7-8 Step left heel over right, drop toe (moving horizontally)

S3: RIGHT SCISSORS; HOLD, LEFT SCISSORS; HOLD;

1-2-3-4 Step right to side, step left together, cross right over left and hold
5-6-7-8 Step left to side, step right together, cross left over right and hold

S4: HEEL SWITCHES, PIVOT ½ TURN, PIVOT ½ TURN;

1&2&3&4& Step right heel forward & back on ball of right foot, switch to left heel forward and back on ball of left foot

Repeat once more with right the left heels - (Keeping these switches also low to the floor)

5-6-7-8 Step right forward, pivot ½ left X 2

S5: ROCK FORWARD RIGHT/LEFT, TRIPLE STEP;

1-2, 3&4 Rock right forward, recover to left, triple step in place (right, left, right)
5-6, 7&8 Rock left forward, recover to right, triple step in place (left, right, left)

I hope you'll enjoy this easy, fun Shag Style dance. If you instruct it, I'd love to see what you've done with it.

Thank You, Linda

Dedicated to my little Charleston Family

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