

It's My Soul

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 2
編舞者: Nancy Rosera (USA) - May 2017
音樂: It's My Soul - Lynn August

級數: High Beginner



Intro: 48 ct (start on vocals)

Sec 1: Stomp, Hold, Sailor, Stomp, Hold, Sailor

1 2 Stomp R, hold
3&4 L sailor L R L
5 6 Stomp R, hold
7&8 L sailor L R L

Sec 2: Rock, Recover, Behind, Side, Cross R&L

1 2 Rock R to right, recover L
3&4 R behind L, L to left, cross R over L
5 6 Rock L to left, recover R
7&8 L behind R, R to right, cross L over R

Sec 3: Heel switches, 1/4 turn Left, 2x

1&2& R heel fwd, step R, L heel fwd, step L
3 4 Fwd R, pivot 1/4 turn left
5&6& R heel fwd, step R, L heel fwd, step L
7 8 Fwd R, pivot 1/4 turn left

Sec 4: Lindy Right, Lindy Left

1&2 Shuffle right R L R
3 4 Rock back L, recover R
5&6 Shuffle left L R L
7 8 Rock back R, recover L

Begin again:

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