

World's Delights

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Wendy Haggerty (USA) - February 2018
音樂: We Are Family - Sister Sledge



Intro: 64 count

SIDE TOGETHER SIDE TOUCH, KNEE SWIVELS

1-4 Step right foot to right side, step left beside, step right to right side, touch left beside right
5-8 Swivel left knee, out in out in

SIDE TOGETHER SIDE TOUCH, KNEE SWIVELS

1-4 Step left foot to left side, step right beside, step left to left side, touch right beside left
5-8 Swivel right knee, out in out in

RIGHT ARM UP DIAGONAL, LEFT ARM UP DIAGONAL, RIGHT ARM TO LEFT HIP, LEFT ARM TO RIGHT HIP, HIP BUMPS

1 Reach right arm up to right diagonal
2 Reach left arm up to left diagonal
3 Put right hand on left hip
4 Put left hand on right hip
5-8 Wiggle hips right, left, right, left

HEEL WALKS ¼ TURN LEFT

1, 2 Touch right heel forward and place toes down
3, 4 Touch left heel forward and place toes down
5, 6 Touch right heel forward and place toes down
7, 8 Touch left heel forward and place toes down

(use a bit of funk in your walk. Walk moves to a full ¼ turn with each step)

NOTE: this dance was choreographed in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.
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Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.ZestYogaAndFitness.com