

Irish Washer Woman

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Novice
編舞者: Josephine Detrez - May 2020
音樂: Irish Washer Woman (2:46)



SET 1: SIDE SWITCHES, HEEL SWITCHES FORWARD, COASTER STEP, SIDE SWITCHES.

1&2& Point right toe out and back, point left toe out and back,
3&4 Step right heel forward and back, left heel forward.
5&6 Step back left coaster step
7&8& Point right toe out and back, point left toe out and back

SET 2: RIGHT HEEL, TOE, FORWARD SHUFFLE, ROCK STEP, ½ TURN LEFT, FORWARD SHUFFLE

1,2,3&4 Right heel forward, touch right toe back, shuffle forward right, left, right,
5,6 7&8 Forward right, ½ turn left, shuffle right, left, right.

SET3: KICK BALL CROSS x 2, ROCK STEP, BEHIND SIDE CROSS

1&2, 3&4 Kick right foot forward, step back on ball of right foot, cross left over right, Kick right foot forward, step back on ball of right foot, cross left over right.
5,6, 7&8 Rock on right to right, recover on left, step right behind left, step left, cross right over left.

SET 4: KICK BALL CROSS X 2, ROCK STEP , BEHIND SIDE CROSS

1&2,3&4 Kick left foot forward, step back on ball of left foot, cross right over left, kick left foot forward, step back on ball of left foot, cross right over left.
5,6,7&8 Rock on left to left side, recover on right, step left behind right, step right, cross left over right.

END OF DANCE, start again

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