

Take Small Steps

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Cody Flowers (USA) - November 2020
音樂: Small Steps - Tom Gregory



Dance starts 32 Counts In - NO TAGS! -- NO RESTARTS!

[1-8] Walk (x2), Mambo ½, Walk (x2), Out-Out-Ball-Cross

- 1 2 Walk RF fwd, Walk LF fwd (12:00)
3&4 Rock fwd on RF, Recover weight on LF, ½ Turn right stepping RF forward (6:00)
5 6 Walk LF fwd, Walk RF fwd (6:00)
7&8& Step LF slightly to left diagonal, Step RF slightly to right diagonal, Step LF to center, Cross RF over LF while crossing your arms across your body to form an X (6:00)

[9-16] Lunge, ¼ Recover, Rock-&-Cross, Heel Grind, Behind, ¼-¼ Rock-Recover-Cross

- 1 2 Lunge left by stepping LF to left side while extending arms out to your sides perpendicular to the group, ¼ Turn right recovering weight on RF (9:00)
3&4 Rock LF to left side, Recover weight on RF, Cross LF over RF making a ⅛ turn right to face the diagonal (10:30)
5 6 Grind left heel ¼ turn left facing diagonal while stepping RF to right side (7:30), Step LF behind RF squaring up to wall (9:00)
7&8& ¼ Turn right stepping RF forward, ¼ Turn right rocking LF to left side, Recover weight on RF, Cross LF over RF (3:00)

[17-24] Step-Touch, Kick-Ball-Change, Step-Heel Swivel, Back-Back-Heel-Step

- 1 2 Step RF to right side, Touch LF beside RF (3:00)
3&4 Kick LF forward, Step LF down, Transfer weight to RF (3:00)
5 6 Step LF forward, Swivel Right Heel in toward LF (3:00)
7&8& Step RF back, Step LF back, Touch right heel forward, Step down on RF (3:00)

[25-32] ¼ Walk (x2), ¼ Triple Fwd, ¼ Rock-Hitch, Coaster Step-Ball

- 1 2 ⅛ Turn left stepping forward on LF (1:30), ⅛ Turn left stepping forward on RF (12:00)
3&4 ⅛ Turn left stepping LF forward (10:30), ⅛ Turn left stepping forward on RF (9:00), ⅛ Turn left stepping forward on LF (7:30)
5 6 ⅛ Turn left rocking forward on RF, Recover weight on LF while hitching right knee (6:00)
7&8& Step back on RF, Step LF beside RF, Step RF forward, Step ball of LF beside RF (6:00)

Begin Again!

Contact: dancewithcody@gmail.com | codytflowers.weebly.com