

Pressure Down Improver

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
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音樂: Pressure Down - John Farnham : (Greatest Hits - iTunes)



Note I have written this for the students at Sherbrooke U3a Melbourne Australia.
To Teach ½ pivot turns , shuffles and different vine

#32 Count Intro Begin on Words "Set" the wheels in motion,

S 1 (1 - 8) K STEP,

1-2 Step Diag Right Forward, Touch Left Beside Right
3-4 Step Diag Left Back,, Touch Right Beside Left
5-6 Step Diag Right Back, Touch Left Beside Right
7-8 Step Diag Left Forward, Touch Left Beside Right

S 2 (9 -14) VINE, RECOVER, BEHIND ¼ WALK, R SHUFFLE

1-2 Step Right Side, Cross Left Slightly Behind Right
3-4 Step Right Side, Recover Left
5-6 Cross Right Behind Left, Turn ¼ Left Step Left Forward
7&8 Step Right Forward, Step Right Beside Left, Step Right Forward (9.00) ending *

S 3 (17 - 24) STEP ½ L PIVOT STEP, SHUFFLE STEP ½ R PIVOT STEP, SHUFFLE

1-2 Step Left Forward, Pivot ½
3&4 Step Left Forward, Step Right Beside, Step Left Forward
5-6 Step Left Right, ½ Pivot Right
7&8 Step Right forward, Step Left Beside Right , Step Right Forward

S 4 (25 -32) SIDE, TOGETHER, SIDE TOUCH, HIP BUMPS X 3 TOUCH

1-2 Step Left Side, Step Right Beside Left
3-4 Step Left Side, Touch Right Beside Left
5-6 Step Right Side Bump Hips Right, Bump Hips Left,
7-8 Bump Hips Right , Bump Hips Left Holds

Add sharp Hip Bumps and Hands above your head ON THE FAST LAST BEATS ON 1-2 Hips R, L
3&4& R, L, R L syncopated

Ending Wall 12 Facing 3.00 Dance up to ¼ Vine , Shuffle Forward

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Watch The Video On Annemaree Sleeth Youtube (Frederina521)