

Down This Road Before

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Becky Hawthorne (USA) - March 2023
音樂: Is It Love? - Foster and Lloyd



Intro: Vocals begin "Hello baby, how ya been?" Dance starts on the word "been".

No tags, no restarts

Section 1: RIGHT ROCKING CHAIR, HEEL, HOOKED TOE TOUCH, HEEL, STEP

- 1, 2 Rock RF forward, Recover weight back on LF
- 3, 4 Rock RF back, Recover weight forward on LF
- 5, 6 Touch R heel forward, Hook RF over L and touch R toe outside LF
- 7, 8 Touch R heel forward, Step RF next to LF

Section 2: LEFT ROCKING CHAIR, HEEL, HOOKED TOE TOUCH, HEEL, STEP

- 1, 2 Rock LF forward, Recover weight back on RF
- 3, 4 Rock LF back, Recover weight forward on RF
- 5, 6 Touch L heel forward, Hook LF over R and touch L toe outside RF
- 7, 8 Touch L heel forward, Step LF next to RF

Section 3: RAMBLE RIGHT, RAMBLE LEFT

- 1, 2 Swivel heels to R, Swivel toes to R
- 3, 4 Swivel heels to R, Hold (optional: bounce knees on 3 and 4)
- 5, 6 Swivel heels to L, Swivel toes to L
- 7, 8 Swivel heels to L, Hold (optional: bounce knees on 7 and 8)

Section 4: VINE RIGHT 1/4 TURN, TOUCH, VINE LEFT, TOUCH

- 1, 2 Step RF to R side, Cross LF behind R
- 3, 4 1/4 Step RF forward (3:00), Touch LF next to RF
- 5, 6 Step LF to L side, Cross RF behind L
- 7, 8 Step LF to L side, Touch RF next to L

Suggested ending: Wall 10 (starting at 3:00) is the last wall of the dance. After counts 1-4 of Section 4 (6:00), step forward on LF, do a 1/2 pivot to 12:00, step forward on LF and hold.

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