

Little Dance

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Heather Jayne Endall (AUS) - August 2024
音樂: Little Dance - Neon Dreams



Intro: Starts on the word "lifestyle" at 18 seconds (32 counts) as main beat kicks in.

Section 1: FWD, TOUCH, BACK, KICK, ROCK, RECOVER, WALK, WALK

1,2,3,4 Step R fwd, Touch L next to R, Step back L, Low Kick R
5,6,7,8 Rock back R, Recover on L, Walk R, Walk L

Section 2: (REPEAT SECTION 1) FWD, TOUCH, BACK, KICK, ROCK, RECOVER, WALK, WALK

1,2,3,4 Step R fwd, Touch L next to R, Step back L, Low Kick R
5,6,7,8 Rock back R, Recover on L, Walk R, Walk L

OPTIONAL ARMS:** SECTION 1 & 2 COUNTS 5,6 LIFT HANDS IN FRONT WHEN LYRICS SAY 'HEY!'

Section 3: FWD, ¼ PIVOT, STEP R,L, SIDE, TOUCH, SIDE, TOGETHER

1,2,3,4 Step R Fwd, ¼ Pivot to [9:00] weight on L, Step R beside L, Step L in place
5,6,7,8 Step R to R side, Touch L next to R, Step L to L side, Step R next to L

**** ARMS:** COUNTS 5,6,7,8 SWAY ARMS ABOVE HEAD SIDE TO SIDE R (5,6), L (7,8)

Section 4: HIPS SWAY DOWN X 2, HIP SWAYS UP X 2, V-STEP

1,2,3,4 Soft knees weight in on R Sway Hips R, transfer weight L Sway Hips L, Straighten up transfer weight R Sway Hips R, Sway Hips L weight on L
5,6,7,8 Step R fwd R diagonal, Step L fwd L diagonal, Step R back to centre, Step L next to R

LAST WALL 14: DANCE YOUR LAST FULL WALL AT [9:00] TO FINISH THE DANCE (MUSIC SOFTENS), 8 COUNTS: STEP R FWD PIVOT ¼ [6:00] STEP R FWD PIVOT ¼ [3:00], STEP R FWD PIVOT ¼ [12:00] STEP R NEXT TO L

NO TAGS NO RESTARTS

I choreographed this dance as a fun warm up dance where everyone can step onto the floor at the start of your session. By adding in the arm movements and bending knees for section 4 the intention is to warm up our entire body for the dancing ahead. I do hope you enjoy, please get in touch with any questions or if you spot any issues with this stepsheet. Most importantly, thanks so very much for your interest in my 'Little Dance'!

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