

Syncopation Celebration

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: S.M. Fulton (USA) - September 2024
音樂: (Sittin' On) The Dock of the Bay - Otis Redding
或: DO IT FOR ME (feat. UGENE NGHT) - KATZIR



#16-count intro for Dock of the Bay
#16-count intro for Do It for Me

Section 1: R shuffle, L shuffle, side-touch, side-touch

1 & 2 3 & 4 R shuffle forward slightly diagonally, shuffle forward slightly diagonally
5 6 7 8 Step R to right side, touch L next to R, step L to side, touch R next to L

Section 2: Vine quarter, scuff, back x 3, touch

1 2 3 4 Vine quarter (3:00): R side, behind, quarter, L scuff (preparing to go back)
5 6 7 8 L back step, R back, L back, R touch next to L

EASIER OPTION: RLR Walk-walk-quarter, L touch, LRL back-back-back, R touch

HARDER OPTION: R side (1), L behind (2), R quarter shuffle (3&4); L forward-rock (5), R recover (6), L coaster step (7&8)

Section 3: Lindy to the right, lindy to the left

1 & 2 3 4 R chasse, L back-rock, recover R
5 & 6 7 8 L chasse, R back-rock, recover L

EASIER OPTION FOR NOVICE DANCERS: Vine to right, touch, vine to left, touch

Section 4: 2 kick-ball-changes, R rocking chair

1 & 2 3 & 4 R kick-ball-change, R kick-ball-change
5 6 7 8 R rocking chair

EASIER OPTION: Just do two rocking chairs

COASTER STEP VARIATION: R rock-forward, recover, R coaster; L rock-forward, recover, L coaster

NOTE: This dance is meant to introduce syncopation and some dance sequences to new dancers. For a harder dance, please see Got My Own Thing.

Last Update: 23 Jan 2025