

AB Ballroom Swing

COPPER KNOB
STEPPERS

拍數: 24 牆數: 4 級數: Absolute Beginner
編舞者: Russell Breslauer (USA) - May 2025
音樂: 26 Miles - The Four Preps
或: Bonaparte's Retreat - Glen Campbell
或: Rock and Roll Music - Chuck Berry



Special thanks to Martha Lee for her Ballroom teaching.

ROCK BACK RECOVER SIDE SHUFFLES

1-2 Rock Back on right Recover on left
3&4 Shuffle to right, Right, Left, Right
5&6 Shuffle to left, Left Right, Left

ROCK BACK RECOVER FORWARD SHUFFLES

1-2 Rock Back on right Recover on left
3&4 Shuffle forward, Right, Left, Right
5&6 Shuffle to forward, Left Right, Left

ROCK FORWARD RECOVER BACK SHUFFLES

1-2 Rock Forward on right Recover on left
3&4 Shuffle back, Right, Left, Right
5&6 Shuffle back, Left Right, Left

CROSS ROCK RECOVER 1/4 TURN SHUFFLE to 3:00 SIDE SHUFFLE

1-2 Cross Rock on right over left Recover on left
3&4 Shuffle 1/4 to right, Right, Left, Right (3:00)
5&6 Shuffle to left, Left Right, Left

* For a 1-wall dance either take out section 4 or make it the same as section 1

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