

Lonesome Mama Blues

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Karen Fishback (USA)
音樂: Lonesome Mama Blues - Firehouse Five Plus Two



TOE HEEL STRUTS, RIGHT, LEFT, FORWARD COASTER

1-4 Step forward on right toe, drop heel, repeat left
5-8 Step forward on right, put left beside right, step back on right, hold

BACK COASTER, HALF PIVOT, STEP, HOLD

1-4 Step back on left, beside with right, forward on left, hold
5-8 Step forward on right and turn ½, step beside on right, hold

HEEL SPLIT, SIDE TOUCH (2 TIMES)

1-4 Split heels out, in, point right toe out, step in
5-8 Repeat to left

CHARLESTON

1-2 Rock back on right, recover
3-4 Kick forward with right, replace
5-6 Kick forward with left, hold
7-8 Step behind with left (toe, heel)

SIDE STEP QUARTER TURNS

1-4 Step right to right, step left together, step right turning ¼ to right, hold
5-8 Step left turning ¼ to right, step right together, step left turning ¼ to left, hold
1-4 Step right turning ¼ to left, step left together, step right turning ¼ right, hold
5-8 Repeat 5-8 above

WALK BACK, KICK, (2 TIMES)

1-4 Walk back 3 steps, right, left, right, kick with left
5-8 Repeat starting with left

SHIMMY RIGHT (2 TIMES)

1-4 Step right to right, drag left beside (shimmy as you like)
5-8 Repeat

REPEAT
