

Coming On Strong

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Pierre Mercier (CAN)
音樂: Old Weakness (Coming On Strong) - Tanya Tucker



OUT, OUT, HOLD, IN, IN, HOLD, OUT, OUT, HOLD, IN, IN, HOLD

&1-2 Step right to right side, step left to left side, hold

While doing the out-out, open arms out side at hips level with palms open forward and turn head to left side

&3-4 Step right to center, step left to center, hold

While doing the in-in, bring hands to buckle and head look forward

&5-6 Repeat &1-2

While doing the out-out, open arms out side at hips level with palms open forward and turn head to right side

&7-8 Repeat &3-4

While doing the in-in, bring hands to buckle and head look forward

½ TURN RIGHT , COASTER STEP WITH ¼ TURN RIGHT

1 Step right to right with ¼ turn right

2 ¼ turn right stepping left to left side

3&4 Step right back with ¼ turn right, step left next to right, step right foot slightly forward

½ TURN LEFT , COASTER STEP WITH ¼ TURN LEFT

5 Step left to left with ¼ turn left

6 ¼ turn left stepping right to right side

7&8 Step left back with ¼ turn left, step right next to left, step left foot slightly forward

TRAVELING HIP BUMPS

1&2 Step forward on right pushing hips forward at angle to right, push hips back to left, push hips forward at angle to right

3&4 Step forward on left pushing hips forward at angle to left, push hips back to right, push hips forward at angle to left

TOES RIGHT, HOLD & CLAP, TOES LEFT, HOLD & CLAP

5-6 Touch right toe to right, hold with clap

& Step right next to left

7-8 Touch left toe to left, hold with clap

& Step left next to right

HEEL SWITCHES, RIGHT SHUFFLE FORWARD

1& Right heel forward, step right next to left

2& Left heel forward, step left next to right

3&4 Shuffle forward on right-left-right

STOMP, STOMP, COASTER STEP WITH ¼ TURN LEFT

5-6 Stomp left foot forward, stomp right foot next to left

7&8 Step left back with ¼ turn left, step right next to left, step left foot slightly forward

REPEAT