

Sandy

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver - ECS style
编舞者: Annie Briand (FR) - October 2013
音乐: Sandy - Sylvie Vartan : (CD: Sylvie in Nashville)



Intro : 4x8 counts, start on the lyrics.

Section 1: □ Right Side Triple Step, Back Rock Step Left, Left Side Triple Step, Back Rock Step Right

- 1 & 2 Step RF to the right. Step LF beside RF. Step RF to the right
- 3 – 4 Rock Step Back on LF. Recover on RF.
- 5 & 6 Step LF to the left. Step RF beside LF. Step LF to the left.
- 7 – 8 Rock Step Back on RF. Recover on LF.

Section 2: □ Kick Forward, Kick Side, Sailor Step (x2, Right then Left)

- 1 – 2 Kick RF forward. Kick RF to the right.
- 3 & 4 Sailor Step RF : Cross RF behind left. Step LF to the left. Step RF to the right.
- 5 – 6 Kick LF forward. Kick LF to the left.
- 7 & 8 Sailor Step PG : Cross LF behind right. Step RF to right. Step LF to the left.

Section 3: □ Switches Side, Switches Forward, Triple Step Forward x2

- 1 & 2 & Point RF to R. Step RF beside LF. Point LF to L. Step LF beside RF.
- 3 & 4 & Point RF forward. Step RF beside LF. Point LF forward. Step LF beside RF.
- 5 & 6 Forward RF Triple Step : RF forward. Step LF beside RF. RF forward.
- 7 & 8 Forward LF Triple Step : LF forward. Step RF beside LF. LF forward.

Section 4: □ Jazz Triangle with 1/4 turn Right, Swivels x4

- 1 – 2 Cross RF over LF. Step back LF.
- 3 – 4 Step RF to the right with 1/4 turn R. Step LF beside RF. (Weight is on both feet)
- 5 – 6 Swivels to the R : Swivel both heels to the R. Swivel both toes to the R.
- 7 – 8 Swivel both heels to the R. Swivel both toes to the R (Weight is on LF to start again).

Tag : □ (4 counts, always on the words "ONE– TWO") : (1) Step PF to the R pointing your Right hand to the R (at shoulder level, head to the R). (2) Hold. (3) Touch RF beside LF with right arm up (looking forward). (4) Hold.

*2nd wall – □ On the lyrics "Mais à 5 heures elle sort du boulot, et ONE TWO !":

Dance the first 8 counts (Section 1), dance the Tag [3:00], then restart from the beginning.

*5th wall – □ Instrumental part, Restart after 12 counts :

Dance the first 8 counts (Section 1), then dance the first 2 counts of Section 2 : Kick, Kick. Then remplace the R Sailor Step with a Triple Step in place on R-L-R : Step RF in place, Step LF in place, Touch RF beside LF (on counts 3 & 4). [9:00]

*7th wall – □ On the lyrics "Plus de tailleur, un jean déchiré, et ONE TWO !":

Dance the first 16 counts (Sections 1 & 2), dance the Tag [12:00], then restart from the beginning.

*10th wall – □ On the lyrics "Hey Cowgirl quand tu dances sur le bar... .. et ONE TWO !":

At the end on the wall, dance the Tag - [9:00]

*12th wall – □ On the lyrics "...car Sandy met le feu, Sandy met le feu, Sandy met le feu ce soir..." :

At the end on the wall, add 16 counts dancing Swivels [3:00]:

Dance the last 4 counts : Swivels on 5-6-7 then clap your hands on 8 instead of "Hold", then :

Swivels to the L : Swivel both heels to L. Swivel both toes to L. Swivel both heels to L. Clap.

Swivels à D : Swivel both heels to R. Swivel both toes to L. Swivel both heels to L. Clap.

Dance one more time these 2 sections of 4 count with a "Clap" on 4 and 8.

Then Restart just after the "whistle" – on the words "Come on Sandy..." [3:00]

Final : □ You will say that I overstrain! After the words "Come On Sandy" you still dance the choreography once again, then make for the last time the first 4 counts facing 6:00 (R Triple Step, Back Rock), finish with

1/2 turn R to face front: 1/4 turn R stepping LF back (5) 1/4 turn R stepping RF to the R to make a R Side Rock then recover slowly on LF end of the lyrics "She's Rocking ! - well done!
First of all, listen to the music, the lyrics (ONE TWO) will help you a lot!

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