

Mistreated

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Martie Papendorf (SA) - November 2014
音乐: I Been Mistreated - Rafal Neal



No Tag Or Restart. - Start on vocals after 24 counts [+/- 14 sec.]

S1: Step and twist R L, Chasse ¼ right, Side ¼ left, Touch, Shuffle ¾ right

1,2 Step R to right side twisting upper body to right, Shift weight to L twisting upper body to left,
3&4 Step R to right side, Step L next to R, Step R fwd making a ¼ turn right, [3.00]
5,6 Step L to left side making a ¼ turn left, Touch R next to L, [12.00]
7&8 Step R fwd making a ¼ turn right, [3.00] Step L next to R making a ¼ turn left [6.00], Step R
 fwd making a ¼ turn right [9.00]

S2: Step fwd, Scuff, Lockstep fwd, &, Out, &, Touch, 3 knee pops

1,2 Step L fwd, Scuff R next to L,
3&4 Step R across L, Step L behind R, Step R fwd,
&5&6 Step L out, Step R out, Step L in, Touch R next to L popping R knee across L,
7&8 Step R next to L popping L knee across R, Step L next to R popping R knee across L, Step R
 next to L popping L knee across R [9.00]

S3: Rock fwd, Recover, Shuffle back, Rock back, Recover, Shuffle ½ left

1,2 Rock L fwd, Recover R back,
3&4 Step L back, Step R next to L, Step L back,
5,6 Rock R back, Recover L fwd,
7&8 Shuffle ½ left stepping R, L, R [3.00]

S4: Back, Kick, Rock back, Recover, Cross, Rock out, Recover, Cross shuffle

1,2 Step L back, Kick R fwd,
3,4 Rock R back, Recover L fwd,
5,6& Step R across L, Rock L out to left side, Recover R to right side,
7&8 Step L across R, Step R to right side, Step L across R [3.00]

START AGAIN

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