

Heidi

COPPER KNOB
STEPSHETS

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Jan Wyllie (AUS) - January 2015
音乐: Heidi - Kurt Darren : (Album: In Jou oë - 2010)



#16 count intro,

Step R Fwd and Sway Fwd Back Fwd Hold - Repeat on L □

1,2,3,4 Step fwd on R and sway hips fwd back fwd, Hold
5,6,7,8 Step fwd on L and sway hips fwd back fwd, Hold

Rock Fwd Recover, 1/2 Shuffle, Step Pivot 1/2, Step Fwd Hold

9,10 Rock/step fwd on R, Recover back on L
11&12 Making 1/2 right shuffle fwd RLR

(if you don't turn, just shuffle back)

13,14 Step fwd on L, Pivot 1/2 right transferring wt to R
(or rock back on L recover on R if you didn't turn)
15,16 Step fwd on L, Hold

Step R Fwd and Sway Fwd Back Fwd Hold - Repeat on L □

17,18,19,20 Step fwd on R and sway hips fwd back fwd, Hold
21,22,23,24 Step fwd on L and sway hips fwd back fwd, Hold

Rock Fwd Recover, Shuffle Back, Rock Back Recover, Step Fwd Hold

25,26 Rock/step fwd on R, Recover back on L
27&28 Shuffle back RLR
29,30 Rock/step back on L, Recover fwd on R
31,32 Step fwd on L, Hold

2 Kick Ball Changes Moving Sideways

33&34 Kick R fwd, Step R slightly right, Step L to left
35,36 Touch R beside L, Hold
37&38 Kick R fwd, Step R slightly right, Step L to left
39,40 Touch R beside L, Hold **RESTART HERE ON WALL 5**

Side Shuffle, Behind Side, Cross Rock Recover, Side Hold □

41&42 Side/Shuffle right stepping RLR
43,44 Step L behind R, Step R to right
45,46 Cross/rock L over R, Recover on R
47,48 Step L to left, Hold

Cross Toe Strut, 1/4 Toe Strut, Cross Toe Strut, 1/4 Toe Strut

49,50,51,52 Toe strut R over L, Making 1/4 left toe strut fwd on L
53,54,55,56 Toe strut R over L, Making 1/4 left toe strut fwd on L

Step Pivot 1/4, Step Fwd Hold, Step Pivot 1/4, Step Fwd Hold

57,58,59,60 Step fwd on R, Pivot 1/4 left, Step fwd on R, Hold
61,62,63,64 Step fwd on L, Pivot 1/4 right, Step fwd on L, Hold

***There is a Restart after count 40 on wall 5**

The music slows at the start of this wall (5) so have a bit of fun with it if you feel so inclined!

What a great little song... it's terrific to dance to. I tried to make this dance interesting without being too hard,

hope YOU find it to be so ~ There's a lot of repetition so the 64 counts is not a true indication of the dance itself.

See you on the floor sometime.... Jan

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