

Alvaro

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Intermediate
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音乐: All In My Head - Alvaro Estrella : (iTunes, Amazon)



#16 Count intro

S1: Side Step Right. Cross Rock. Chasse 1/4 Turn Left. Step. Pivot 1/2 Turn Left. Side Step with 1/4 Turn Left.

1 – 3 Step Right to Right side. Cross rock Left over Right. Rock back on Right.
4&5 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.
6 – 8 Step forward on Right. Pivot 1/2 Left. Make 1/4 turn Left stepping Right Long step to Right side.

S2: Back Rock. 2 x Walks Forward. Forward Rock. Triple Full Turn Left.

1 – 2 Rock back on Left. Rock forward on Right. (12:00)
3 – 4 Walk forward on Left. Walk forward on Right.
5 – 6 Rock forward on Left. Rock back on Right.
7&8 Triple step making Full turn Left (on the spot) stepping Left. Right. Left. Or: Left Coaster Step

S3: Side. Touch. Left Kick Ball-Cross. Side Step. Touch Across. Point Out. Touch Behind (With shoulder lift)

1 – 2 Step Right to Right side. Touch Left toe beside Right.
3&4 Kick Left Diagonally forward Left. Step Left beside Right. Cross step Right over Left.
5 – 7 Step Left to Left side. Touch Right toe across Left. Point Right toe out to Right side.
8 Touch Right toe behind Left - Lifting Right shoulder and dropping the Left and Look Down to Left side

S4: Side Step Right. Hold. & 1/4 Turn Right. Step. Pivot 1/2 Turn Right. 1/4 Turn Right. Back Rock.

1 – 2 Step Right to Right side. Hold.
&3 – 4 Step Left beside Right. Make 1/4 Right stepping forward on Right. Step forward on Left.
5 – 6 Pivot 1/2 turn Right. Make 1/4 turn Right stepping Left to Left side.
7 – 8 Rock back on Right. Rock forward on Left.

S5: Step. 1/2 Turn Right. Right Coaster. Step. 1/2 Turn Left. Left Shuffle 1/2 Turn Left.

1 – 2 Step forward on Right. Make 1/2 turn Right stepping back on Left.
3&4 Step back on Right. Step Left beside Right. Step forward on Right.
5 – 6 Step forward on Left. Make 1/2 turn Left stepping back on Right.
7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (6:00)

S6: Step Forward. & Heel Lift. Touch Back. Reverse Pivot 1/2 Turn Right. Step. Hold & Step. Scuff.

1&2 Step forward on Right. Raise both heels up. Lower both heels to floor. (Weight ends on Left)
3 – 4 Touch Right toe back. Make 1/2 turn Right taking weight on Right.
5 – 6 Step forward on Left. Hold.
&7 – 8 Step ball of Right beside Left. Step forward on Left. Scuff Right forward. (12:00)

S7: Rocking Chair. 2 x Walks Around. Turning Cross Shuffle. (Completing 1/2 Circle Turn Left).

1 – 4 Rock forward on Right. Rock back on Left. Rock back on Right. Rock forward on Left.
5 – 6 Make 1/8 turn Left walking forward on Right. Make 1/8 turn Left walking forward on Left.
7&8 Cross step Right over Left. Step Left to Left side. Cross Right over Left (Gradually making 1/4 turn Left)

S8: 2 x Walks Around. Left Triple Step. (Completing 1/2 Circle Turn Left). Right Jazz Box Cross.

1 – 2 Make 1/8 turn Left walking forward on Left. Make 1/8 turn Left walking forward on Right.

3&4 Left Triple step turning 1/4 Left stepping Left. Right. Left. (12:00)
5 – 8 Cross step Right over Left. Step back on Left. Step Right to Right side. Cross step Left over Right.

S9: Side Step Right. Drag. Ball-Cross. Side Step Left. Back Rock. 2 x Walks Forward.

1 – 2 Long step Right to Right side. Drag Left towards Right.
&3 – 4 Step ball of Left beside Right. Cross step Right over Left. Long step Left to Left side.
5 – 6 Rock back on Right. Rock forward on Left.
7 – 8 Walk forward on Right. Walk forward on Left.

S10: Pivot 1/2 Turn Right. Left Shuffle Diagonally Forward Left. Out – Out. Back. Cross. Chasse Right

1,2&3 Pivot 1/2 turn Right. Left shuffle Diagonally forward Left stepping Left. Right. Left.
4 – 5 (Still on Diagonal) Step Right out to Right side (push hips Right). Step Left out to Left side (push hips Left)
6 – 7 (Straighten up to 6 o'clock) Step back on Right. Cross step Left over Right.
8& Step Right to Right side. Close Left beside Right. (6:00)
