

Twisted Trickster

COPPER KNOB
STEPSHEETS

拍数: 24 墙数: 4 级数: Beginner / Improver
编舞者: Debbie Mabbs (UK) - April 2015
音乐: She Keeps Me Up - Nickelback



#16 count intro

Section 1: [1-8] SWIVEL HEELS OUT & IN X2, RIGHT TOE, OUT IN OUT, RIGHT COASTER STEP LEFT TOE OUT IN OUT

1&2& Swivel Both Heels Out, In, X2
3&4 Point right toe to right side, step right toe back beside left instep, point right toe to right side
5&6 □ Step back on right, step back on left, step right forward
7&8 Point left toe to left side, step left toe back beside right instep, point left toe to left side

Section 2: [9-16] □ LEFT COASTER STEP, SHUFFLE FORWARD ON THE RIGHT, TURN LEFT TURN RIGHT, 1/2 SHUFFLE TO THE LEFT

1&2 Step back on left, step back on right, step left forward
3&4 Shuffle Forward R-L-R
5-6 Step L to L side making 1/4 turn to the L (& pose) Step R to R side making 1/2 turn to the R (& pose)
7&8 Shuffle 1/2 turn to the Left L-R-L

Section 3: [17-24] □ MAMBO FORWARD & MAMBO BACK, STEP 1/2 PIVOT, RUN RUN RUN (or Triple Turn)

1&2 Rock forward On R recover back on L Step right back in place
3&4 Rock back On L recover back on R Step left back in place
5-6 Step forward on R 1/2 Pivot over your L Shoulder (weight is on your L)
7&8 Run Forward R-L-R (or Triple turn over your L Shoulder)

Weight ends on both feet ready to start the dance again.

ENDING

On Count 1&2 of Section 3

Rock forward On R recover back on L, 1/2 turn over your R shoulder, stepping down onto your R.

Taa Daa !! End Of Dance

Enjoy & Let's Dance xx

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Last Update – 7th May 2015