

It Is What It Is

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Helen Woods (USA) - July 2015
音乐: Let It Go - George Strait : (CD: Let It Go - Single / iTunes and Amazon)



Alternative Music: Girl At Home by Taylor Swift [CD: Girl At Home – Single / iTunes and Amazon]

#16 count intro, 'Let It Go', but dance starts during the intro after the first 8 counts, i.e., the dance starts on the second 8 count of the intro

#32 count intro, 'Girl At Home'

FRONT ROCK, RECOVER, COASTER STEP, STEP, TURN, CROSS SIDE CROSS

1-2 Rock left forward, recover to right
3&4 Step left back, step right beside left, step left forward
5-6 Step right forward, turn $\frac{1}{4}$ left with weight to left (9:00)
7&8 Step right across left, step left to side, step right across left

SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND SIDE CROSS

1-2 Step left to side, step right behind left
3-4 Step left to side, step right across left
5-6 Rock left to side, recover to right
7&8 Step left behind right, step right to right side, step left across right

SIDE, HOLD TOGETHER SIDE, TOUCH, SIDE, HOLD TOGETHER SIDE, TOUCH

1 Step right to side
2&3 Hold, step ball of left beside right, step right to side
4 Touch left beside right
5 Step left to side
6&7 Hold, step ball of right beside left, step left to side
8 Touch right beside left

BACK ROCK, RECOVER, SIDE ROCK, RECOVER, FRONT ROCK, RECOVER, COASTER STEP

1-2 Rock right back, recover to left
3-4 Rock right to side, recover to left
5-6 Rock right forward, recover to left
7&8 Step right back, step left beside right, step right forward

REPEAT

TAG (for only Let It Go – no Tag for Girl At Home) After 7 rotations (original 3:00)

WALK 4 STEPS CLOCKWISE IN A $\frac{3}{4}$ ARC

To the right making a $\frac{3}{4}$ arc back to the original 12:00 position

1-4 Turn $\frac{1}{8}$ right stepping left forward, turn $\frac{1}{4}$ right stepping right forward, turn $\frac{1}{4}$ right stepping left forward, turn $\frac{1}{8}$ right stepping right forward