

Music To My Soul

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Cato Larsen (NOR), Jo Kinser (UK) & John Kinser (UK) - September 2015
音乐: Music To My Soul - CeeLo Green : (CD: Digital Download)



Intro: □ Start the dance at vocals after 8 counts of intro. (10 seconds).

Motion: □ Smooth (West Coast Swing).

[1 – 8] □ Walk forward, Sailor ½ turn, ½ Pivot turn, Back, Coaster Step. □

1,2 Step forward right (1), Step forward left (2). □ 12:00
3& Cross right behind left (3), Pivot ¼ turn right Stepping left next to right (&). □ 3:00
4 Pivot ¼ turn right Stepping slightly forward on right (4). □ 6:00
5,6 Pivot ½ turn right Stepping back on left (5), Step back on right (6). □ 12:00
7&8 Step back on left (7), Step right next to left (&), Step forward on left (8).

[9 – 16] □ Walk forward with Hip Bumps, Mambo Step, Long Step back with Drag. □

1& Touch ball of right foot forward and Bump hips forward right (1), Bump hips back (&).
2 Step forward on right (2).
3& Touch ball of left foot forward and Bump hips forward left (3), Bump hips back (&).
4 Step forward on left (4).
5&6 Step forward on right (5), Rock (recover) back again onto left (&), Step back on right (6).
7,8 Step left long step back (7), Drag right foot next to left (8).

Restart: □ Restart from here on walls. 2, 5 & 8 (You will be facing 3:00, 9:00 & 3:00). □

[17 – 24] □ ¼ turn Ball-Cross, Hold, & Cross & Cross, Side Press, Recover, Weave. □

&1,2 Step ball of right next to left (&), Pivot ¼ turn left Crossing left over right (1), Hold (2). □ 9:00
&3 Step right slightly right side (&), Cross left over right (3).
&4 Step right slightly right side (&), Cross left over right (4).
5,6 Press right foot to right side (5), Recover weight onto left (6).
7&8 Cross right behind left (7), Step left to left side (&), Cross right over left (8).

[25 – 32] □ Prep left, Prep right, ¼ turn into Chase ½ turn, Rock Step, Sweep, Sailor ¼ turn, Ball-Step. □

1 Step left to left side Prepping upper body to left side (1).
2 Step right to right side Prepping upper body to right side (2).
3& Pivot ¼ turn left Stepping forward on left (3), Step forward on right (&). □ 6:00
4 Pivot ½ turn left (4). □ 12:00
5,6 Step forward on right (5), Rock (recover) weight back again onto left (6).
& Sweep right foot out and back (&).
7& Cross right behind left (7), Pivot ¼ turn right Stepping left next to right (&). □ 3:00
8& Step right slightly forward (8), Step ball of left next to right (&).

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