

Perfect 4U

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Hayley Wheatley (UK) & Ann-Kristin Sandberg (NOR) - January 2016
音乐: Perfect - One Direction : (Album: Made In The A.M.)



Music Available from iTunes and Amazon

Intro:- 8 Counts (Start on vocals)

TAG: 4 count tag performed at the end of walls 2 and 4 (facing 12:00)

S1: SIDE STEP, TOE TAP, SIDE STEP, BACK ROCK, RECOVER, KICK BALL CROSS, SHUFFLE ¼ TURN

1-2 Step R foot to R side, tap L toe behind R foot
3,4& Step L foot to L side, Rock back onto R foot, recover onto L foot
5&6 Kick R foot forward, step back onto ball of R foot, Cross L foot over R
7&8 Step r foot to R side, close L foot beside R, Step R to R side making ¼ turn R (3:00)

S2: STEP PIVOT ½ TURN, LOCK STEP FORWARD, MAMBO STEP, HEEL BALL STEP

1-2 Step forward on L foot, pivot ½ turn R, (9:00)
3&4 Step forward on L foot, lock R foot behind L, step forward on L foot
5&6 Rock forward on R foot, recover onto L, step R foot beside L
7&8 Tap L heel forward, step onto L foot, step R foot forward

S3: ROCK RECOVER, ¼ TURN L, SIDE TOUCH, IN PLACE & CROSS, SIDE, BACK RECOVER, ¼ TURN L

1-2 Rock L foot forw, Recover onto R
3-4& ¼ turn L stepping L foot to L side, Touch R toe next to L, Step R foot in place (6.00)
5-6 Cross L foot over R, Step Right foot to R side
7&8 Step L foot backw, Recover onto R, ¼ turn L stepping L foot forw (3.00)

S4: ½ TURN L, ¼ TURN L, CROSS, SIDE RECOVER, CROSS, SIDE RECOVER, FORW RECOVER, TOUCH

1-2 ½ turn L stepping Right foot backw, ¼ turn L stepping L foot to L side (6.00)
3-4& Cross Right foot over L, Step L to L side, Recover onto R
5-6& Cross Left foot over R, Step R foot to R side, Recover onto L
7&8 Rock R foot forw, Recover onto L, Touch R foot next to L

S5: SAILOR ¼ TURN, CHASSE ¼ TURN, ROCK BACK, RECOVER, SIDE CHASSE

1&2 Step R foot behind L, making ¼ turn R step L foot to L side, step R slightly forward (9:00)
3&4 Step L foot to L side making ¼ turn R, step R foot beside L, Step L foot to L side (12:00)
5-6 Rock back onto R foot, recover onto L
7&8 Step R foot to R side, step L foot beside R, step R foot to R side

S6: CROSS BEHIND, UNWIND ½ TURN, STEP PIVOT ½ TURN, SHUFFLE FORWARD, JUMP OUT OUT, KNEE POP

1-2 Cross L foot behind R, unwind ½ turn L (6:00)
3-4 Step forward on R foot, pivot ½ turn L (12:00)
5&6 Step forward on R foot, step L beside R, step forward on R foot
&7-8 Step forward and out onto L foot, Step forward and out onto R foot, Pop L knee inward keeping weight on R

S7: BASIC STEPS, 1/4 TURN L, SHUFFLE, STEP, PIVOT 1/2 TURN L WITH A HITCH

1-2& Step L foot to L side, Step R foot backw, Recover onto L
3-4& Step R foot to R side, Step L foot backw, Recover onto R
5&6 1/4 turn L stpping L forw, Step R next to L, Step L forw (9:00)
7-8 Step R forw, Pivot 1/2 turn L (weight on R) end with a hitch(3:00)

S8: WALK, STEP, PIVOT 1/4 TURN R, STEP FORW, SIDE RECOVER, TOGETHER, SIDE RECOVER, TOGETHER

- 1-2 Step L foot forw, Step R foot forw
- 3&4 Step L foot forw, Pivot 1/4 turn R, Step L forw (06)
- 5&6 Step R to R side, Recover onto L, Step R next to L
- 7&8 Step L to L side, Recover onto R, Step L next to R

TAG: to be performed at the end of walls 2 and 4

- &1-2 Step R foot back diagonally, touch L toe next to R foot, hold
- &3-4 Step L foot back diagonally, touch R toe next to L foot, hold

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