

Sweets For My Sweet

COPPER KNOB
BY STEPHEN

拍数: 96 墙数: 2 级数: Improver
编舞者: Rita Macinskiene (LIT) - July 2015
音乐: Sweets for My Sweet - C.J. Lewis : (3:21)



Intro: start on word "Sweets"

(1-8) Step L to L side, touch R x 3, step R to R side, touch L x 3

1-4 Step L to L side (1), touch R over L (2), touch R to R side (3), touch R next to L (4)
5-8 Step R to R side (5), touch L over R (6), touch L to L side (7), touch L next to R (8)

(9-16) L chasse, R back rock, R chasse, L back rock

1-4 Step L to L side (1), step R next to L (&), step L to L side (2), rock back on R (3), recover on L (4)
5-8 Step R to R side (5), step L next to R (&), step R to R side (6), rock back on L (7), recover on R (8)

(17-24) Turn ¼ L, touch R, step R, touch L, step L, kick R, R fwd rock

1-4 Step L fwd with ¼ turning L (1), touch R to R side (2), step R fwd across L (3), touch L to L side (4) (9:00)
5-8 Step L fwd across R (5), kick R fwd diagonal R (6), rock R slightly over L (7), recover on L (8)

(25-32) Triple ½ R, full turn R, step L, touch R, step R, touch L

1-4 Turn ¼ R stepping R to R side (1), step L next to R (&), turn ¼ R stepping R fwd (2), turn ½ R stepping L back (3), turn ½ R stepping R fwd (4) (3:00)
5-8 Step L fwd across R (5), touch R to R side (6), step R fwd across L (7), touch L to L side (8)

(33-40) Step L, kick R, R fwd rock, triple ½ R, turn ¾ R

1-4 Step L fwd across R (1), kick R fwd diagonal R (2), rock R slightly over L (3), recover on L (4)
5-8 Turn ¼ R stepping R to R side (5), step L next to R (&), turn ¼ R stepping R fwd (6), turn ½ R stepping L back (7), turn ¼ R stepping R to R side (8) (6:00)

(41-48) Touch L x 3, lift L knee x 2, step L to L side

1-4 Sweep L fwd & touch across R (1), hold (2), sweep L back & touch to L side (3), hold (4),
5-8 Lift L knee over R knee (5), touch L to L side (6), lift L knee over R knee (7), step L to L side (8)

(49-56) Touch R x 3, lift R knee x 2, step R to R side

1-4 Sweep R fwd & touch across L (1), hold (2), sweep R back & touch to R side (3), hold (4),
5-8 Lift R knee over L knee (5), touch R to R side (6), lift R knee over L knee (7), step R to R side (8)

(57-64) Step L to L side, L cha-cha, step R to R side, R cha-cha

1-4 Step L to L side (1), close R next to L (2), step L to L side (3), close R next to L (&), step L to L side (4)
5-8 Step R to R side (5), close L next to R (6), step R to R side (7), close L next to R (&), step R to R side (8)

(64-72) Reverse box steps with touches

1-4 Step L back (1), touch R next to L (2), step R to R side (3), close L next to R (4),
5-8 Step R fwd (5), touch L next to R (6), step L to L side (7), close R next to L (8)

(73-80) L & R side mambo, pivot ½ R, L lock steps fwd

1-4 Rock L to L side (1), recover on R (&), close L next to R (2), rock R to R side (3), recover on L (&), close R next to L (4)
5-8 Step L fwd (5), pivot ½ R (6), step L fwd (7), lock R behind L (&), step L fwd (8) (12:00)

(81-88) R & L side mambo, pivot ½ L, R lock steps fwd

1-4 Rock R to R side (1), recover on L (&), close R next to L (2), rock L to L side (3), recover on R (&), close L next to R (4)
5-8 Step R fwd (5), pivot ½ L (6), step R fwd (7), lock L behind R (&), step R fwd (8) (6:00)

(89-96) L & R steps diagonal fwd, hips bumping L,R,L,R

1-4 Step L out diagonal fwd with bumping hips (1), hold (2), step R out diagonal fwd with bumping hips (3), hold (4)
5-8 Bump hips L,R,L,R (ending with weight on R)

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