

Blitzed!

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: M. Vasquez (UK) - July 2016
音乐: The Ballroom Blitz - The Sweet



Dance starts after 4 counts

Section 1: Step/Rock, Recover, Full Triple Turn, Step, ¼ Turn, Cross Shuffle

- 1-2 Step/Rock forward on right foot, recover weight back on left
3&4 Full turn to the right, stepping right-left-right
5-6 Step forward on left foot, turn ¼ turn right (3 o'clock)
7&8 Cross left foot across right, step right to right side, cross left foot over right

Note: Section 1 – Full triple turn can be replaced with a Right Coaster Step

Section 2: Step and Side Rock, Recover, Behind-Side-Cross, ¼ Monterey Turn, Brush

- 1&2 Step right foot to right side, transferring weight to right foot, recover weight back to left foot
3&4 Cross right foot behind left, step left foot to left side, cross right foot in front of left foot
5-6 Point left foot to left side, turn ¼ left stepping onto left foot (12 o'clock)
7-8 Point right foot to right side, brush right foot across left

Section 3: Cross, Back, Side Chasse, Cross, Back, Side Chasse

- 1-2 Cross right foot over left, step back on left
3&4 Step right foot to right side, step left foot next to right, step right foot to right side
5-6 Cross left foot over right, step back on right
7&8 Step left foot to left side, step right foot next to left, step left foot to left side

Section 4: Forward Shuffle to Right Diagonal, ¼ Turn Right and Back Shuffle, ¼ Turn Right, Forward Shuffle, 1/8 Turn Right and Back Shuffle

- 1&2 Turning to face the right diagonal, step right foot forward, step left foot next to right, step right foot forward
3&4 On the ball of right foot pivot ¼ turn right and step left foot back, step right foot next to left, step left foot back
5&6 On the ball of left foot pivot ¼ turn right and step right foot forward, step left foot next to right, step right foot forward
7&8 On the ball of right foot pivot 1/8 turn right (facing 9 o'clock) and step left foot back, step right foot next to left, step left foot back

Section 5: Coaster Step, Shuffle Forward, Shuffle ½ Turn, Shuffle ½ Turn

- 1&2 Step right foot back, step left foot next to right, step right foot forward
3&4 Step left foot forward, step right foot next to left, step left foot forward
5&6 Shuffle step ½ turn left, stepping right-left-right
7&8 Shuffle step ½ turn left, stepping left-right left

Section 6: Step/Rock, Recover, Coaster Step, Step/Rock, Recover, Coaster Step

- 1-2 Step/Rock forward on right foot, recover weight back on left
3&4 Step right foot back, step left foot next to right, step right foot forward
5-6 Step/Rock forward on left foot, recover weight back on right
7&8 Step left foot back, step right foot next to left, step left foot forward

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