

12 Step Program For Love

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Lisa McCammon (USA) - December 2016
音乐: 12 Step Program (Of Love) - D.D. Alan



#32 count intro

Dance rotates counterclockwise; Start weight on L crossed over R

S1: SIDE STRUT, BACK ROCK, RECOVER, SIDE, BEHIND, SIDE, CROSS

1-4 Touch R toes to side, drop heel, taking weight; rock back L, recover R
5-8 Step L to side, step R behind, step L to side, cross R

S2: SIDE STRUT, BACK ROCK, RECOVER, SIDE, BEHIND, SIDE, CROSS

1-4 Touch L toes to side, drop heel, taking weight; rock back R, recover L
5-8 Step R to side, step L behind, step R to side, cross L **RESTART

S3: SIDE STRUT, BACK ROCK, RECOVER, STEP, BRUSH, CROSS ROCK, RECOVER RIGHT ¼

1-4 Touch R toes to side, drop heel, taking weight; rock back L, recover R
5-6 Step L to side, brush R
7 Cross rock R
8 Recover L whilst turning right ¼ [3] keeping weight on L ball

S4: STEP, BRUSH, STEP, BRUSH; RUN, RUN, RUN, (TURNING ½ RIGHT), HOLD

1-4 Step forward R, brush L, step forward L, brush R
5-6-7 Turning right ½ total [9], step forward R, L, R
8 HOLD

S5: STEP, TOUCH, KICK-BALL-CHANGE; DIP, DIP

1-2 Step forward L, touch R next to L ("home")
3&4 Kick R forward, step R home, step L home
5-6 Step R to side bending knees slightly, straighten, touching L toes slightly forward
7-8 Step L to side bending knees slightly, straighten, touching R toes slightly forward

S6: BACK, TOUCH, BACK, TOUCH; SIDE ROCK, RECOVER, CROSS ROCK, RECOVER

1-4 Step back R, touch L home, step back L, touch R home
5-8 Side rock R, recover L, cross rock R, recover L

RESTART after 16 counts during 5th repetition facing [12]

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