

12 Step Program

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Linda Reese (USA) - January 2017
音乐: 12 Step Program (Of Love) - D.D. Alan



#32 ct intro. Start on vocals

Section 1: L Heel, Together, R Heel, Together, Run, Run, Run, Hold

1-4 Touch left heel forward, step left next to right, touch right heel forward, step right next to left
5-8 Run forward LRL, hold (bend knees as you run)

Section 2: Mambo With ½ Turn Right, Hold, Triple ½ Turn Right, Hold

1-4 Rock forward on right, recover on left, step right back ½ turn right, hold

*wall 5: Tag & Restart here (12:00)

5-8 Step left ¼ turn right, step right ¼ turn right, step left forward, hold

To make easier replace with (1-4 Mambo, hold 5-8 Triple back, hold)

Section 3: Back Coaster, Hold, Heel, Step Together, Touch, Hold

1-4 Step right back, left next to right, step right forward, hold
5-8 Touch left heel forward, step left next to right, touch right next to left, hold

Section 4: Step, Lock, Step, Hitch, Step Back, Hitch, Back Hitch (Hitch Out To Side)

1-4 Step right forward, bring left behind right, step right forward, forward hitch
5-8 Step left back, hitch right out angled to 1:30, step right back, hitch left out angled to 10:30

Section 5: Sailor, Hold, Weave, Hold

1-4 Step left behind right, step right to right side, step left center, hold
5-8 Step right behind left, left to left side, cross right over left, hold

Section 6: Side, Together, Back, Hold, Step ¼ R, Together, Forward, Hold

1-4 Step left to left side, right next to left, left back, hold
5-8 Step right ¼ turn right, step left together, step right forward, hold

Tag & Restart: 5th wall (12:00) change section 2 (Mambo With ½ Turn Right, Hold, Triple ½ Turn Right, Hold) to the following: Forward Mambo, Hold, Step Back, Hold, Step Together, Hold (1-4 Rock forward on right, recover on left, step right together, hold; 5-8 Step left back, hold, step right together, hold) - then Restart dance

Optional ending: on wall 9 (facing 12:00) dance sections 1&2, section 3 do 1-4 (back coaster, hold) on count 5 touch left heel forward and pose