

B My Love (P)

COPPERKNOB
STEPPSHEETS

拍数: 64 墙数: 1 级数: Intermediate Partner
编舞者: Greywolf (NL) & Wiya Wambli (NL) - March 2017
音乐: Fire and Lace - Gary Fjellgaard



MAN: Start facing 6 (back wall) (back to back)

M: ROCK STEP, SHUFFLE FWD, STEP, ½ PIVOT TURN, SHUFFLE FWD□□

1-2 LF rock forward – Weight back on RF

3&4 Shuffle forward L-R-L

5-6 RF step forward – LF&RF ½ turn L

7&8 Shuffle forward R-L-R

(Crossed hands in front – RH on top)□

M: CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE, TOGETHER□□□

9-10 LF rock/cross over RF – Weight back on RF

11&12 Shuffle to side L-R-L

13-14 RF rock/cross over LF – Weight back on LF

15-16 RF step right – LF step beside RF

M: ¼ TURN R, STEP FWD(into L- Windows) , SHUFFLE FWD, ¼ TURN R, ¼ TURN R, TRIPLE STEP□
(raise arms and go into Windows)□□□□

17-18 RF step forward, ¼ turn R – LF step forward (3)

19& 20 Shuffle forward R-L-R

21-22 LF step ¼ turn R – RF step ¼ turn R

23&24 L-R-L in place behind lady

(Man behind lady – Indian Position)□

M: STEP IN PLACE X2, TRIPLE STEP, ¼ TURN L, STEP FWD (into R-Windows), SHUFFLE FWD ¼ TURN

25-26 RF step in place – LF step in place

27&28 R-L-R in place

(Crossed hands in front - L-Hands on top)□□

29-30 LF step ¼ turn left – RF step forward

31 &32 Shuffle fwd, L-R-L, ¼ turn R (9)

M: MAMBO BACK, MAMBO FWD, ¼ TURN R, ¼ TURN R (OUT OF WINDOWS), TRIPLE STEP

33&34 RF rock back & Weight back on LF & RF step forward

35&36 LF rock forward & Weight back on RF□ & LF step back

37-38 RF step ¼ turn R – LF step ¼ turn R

39&40 R-L-R step in place

M: WALK, WALK, REVERSE COASTER STEP, BACK, BACK, COASTER STEP

41-42 LF step forward (double hand hold) – RF step forward

43&44 LF step forward & RF step beside LF & LF step back

45-46 RF step back – LF step back

47&48 RF step back & LF step beside RF & RF step forward

M: ¼ TURN L, ¼ TURN L, ¼ TURN L, ¼ TURN L (Windmill), SAILOR STEP, SAILOR STEP

49-50 LF step fwd, ¼ turn L (LH man&RH lady high) – RF step right, ¼ turn L (LH man & RH lady low)

51-52 LF step fwd, ¼ turn L (RH man & LH lady high) – RF step right, ¼ turn L (RH man & LH lady low)

53&54 LF cross behind RF & RF step right & LF step left

55&56 RF cross behind LF & LF step left & RF step right

M: SHUFFLE FWD, SHUFFLE ½ TURN L, (into Wrap),SHUFFLE FWD(out of Windows), SHUFFLE FWD

- 57&58 Shuffle forward L-R-L
59&60 Shuffle forward R-L-R ½ turn Left
(RH man & LH lady over lady`s head to front into Wrap)
61&62 Shuffle forward L-R-L (release LH out of Wrap) (6)
63&64 Shuffle forward (release hands)

LADY: Start facing 12 (front wall) (back to back)

L: ROCK STEP,SHUFFLE FWD, STEP, ½ PIVOT TURN,SHUFFLE FWD□□

- 1-2 RF rock forward – Weight back on LF
3&4 Shuffle forward R-L-R
5-6 LF step forward – LF&RF ½ turn R
7&8 Shuffle forward L-R-L

(Crossed hands in front – RH on top)□□□□

L: CROSS ROCK, SIDE SHUFFLE, CROSS ROCK,SIDE, TOGETHER□□□

- 9-10 RF rock/cross over LF – Weight back on LF
11&12 Shuffle to side R-L-R
13-14 LF rock/cross over RF□- Weight back on RF
15-16 LF step left – RF step beside LF

L: ¼ TURN, ½ TURN (into L-Windows), SHUFFLE BACK,STEP IN PLACE, X2, TRIPLE STEP□□

(raise arms and go into Windows)□□□□

- 17-18 LF step forward, ¼ turn L – RF step back , ½ turn L (9)
19&20 Shuffle back L-R-L
21-22 RF step in place – LF step in place
23&24 R-L-R in place

(Man behind lady – Indian Position)□□□□

L: ¼ TURN R, ¼ TURN R, TRIPLE STEP,¼ TURN R, ¼ TURN R (into R-Windows),SHUFFLE ¼ TURN R□

- 25-26 LF step ¼ turn R- RF step ¼ turn R
27&28 L-R-L in place

(Crossed hands in front , L-Hands on top)□□

- 29-30 RF step ¼ turn R – LF step ½ turn R
31&32 Shuffle fwd R-L-R, ¼ turn R (3)

L: MAMBO FWD, MAMBO BACK,1/4 TURN L, ½ TURN L (OUT OF WINDOWS) TRIPLE STEP

- 33&34 LF rock forward & Weight back on RF & LF step back
35&36 RF rock back & Weight back on LF & RF step forward
37-38 LF step ¼ turn L – RF step ½ turn L
39&40 L-R-L step in place

L: BACK, BACK, COASTER STEP,WALK, WALK, REVERSE COASTER STEP

- 41-42 RF step back (Double Hand Hold) – LF step back
43&44 RF step back & LF step beside RF & RF step forward
45-46 LF step forward – RF step forward
47&48 LF step forward & RF step beside LF & LF step back

L: ¼ TURN R, ¼ TURN R, ¼ TURN R, ¼ TURN R (Windmill), SAILOR STEP, SAILOR STEP

- 49-50 RF step fwd, ¼ turn R(LH man & RH lady high) – LF step left, ¼ turn R(LH man & RH lady low)
51-52 RF step fwd, ¼ turn R (RH man & LH lady high) – LF step left, ¼ turn R (RH man & LH lady low)
53&54 RF cross behind LF & LF step left & RF step right
55&56 LF cross behind RF & RF step right & LF step left

L: SHUFFLE FWD, SHUFFLE FWD (into Wrap),TRIPLE STEP (out of Windows), SHUFFLE FWD

57&58 Shuffle forward R-L-R

59&60 Shuffle forward L-R-L

(RH man & LH lady over lady`s head to front into Wrap)

61&62 R-L-R in place(release LH, out of Wrap) (12)

63&64 Shuffle forward L-R-L (release hands)

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