

The Sweetest Days

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数:
编舞者: Amanda Bowden (AUS) & Gordon Elliott (AUS) - June 2017
音乐: The Sweetest Days - Vanessa Williams : (Album: The Sweetest Days)



This dance is done in FOUR directions. Introduction : 16 Beats
Original Position: Feet Together Weight On The Left Foot.

COASTER FORWARD, BEHIND-1/4 FORWARD-QUICK PIVOT-FORWARD FULL HITCH, FORWARD-TOGETHER-BACK, BACK

- 1 & 2 Coaster : Step R Forward, Step L Together, Step R Back,
- 3 & Sweep To Step L Behind Right, Turn 90° Right Step R Forward, (3.00)
- 4 & Pivot : Step L Forward, Turn 180° Right Take Weight Onto R, (9.00)
- 5 Step L Forward Turning 360° Right Hitch R, (9.00)
- 6 & Step R Forward, Step L Together,
- 7, 8 Sweep To Step R Back, Sweep To Step L Back. (9.00)

BACK-HOOK-FORWARD-SWEEP-ACROSS-SIDE-BEHIND-SIDE-ACROSS, ROCK & ACROSS, ROCK &

- 1 & Step R Back, Hook L Heel To Right Shin,
- 2 & Step L Forward, Sweep R Toe To The Side, (9.00)
- 3 & Step R Across In Front Of Left, Step L To The Side,
- 4 & Step R Behind Left, Step L To The Side,
- 5, 6 & Step R Across In Front Of Left, Rock Onto L, Step R Together,
- 7, 8 & Step L Across In Front Of Right, Rock Onto R, Step L Together. (9.00)

FORWARD 1/2 SWEEP, BEHIND-SIDE-ACROSS, SIDE-ROCK-ACROSS, 1/4 BACK-1/2 FORWARD-FORWARD, ROCK &

- 1 Step R Forward Turning 180° Left Sweep L Toe To The Side, (3.00)
- 2 & 3 Step L Behind Right, Step R To The Side, Step L Across In Front Of Right,
- 4 & 5 Step R To The Side, Side Rock Onto L, Step R Across In Front Of Left,
- 6 & Turn 90° Right Step L Back, Turn 180° Right Step R Forward, (12.00)
- 7, 8 & Step L Forward, Rock Back Onto R, Step L Together. (12.00)

PIVOT TURN, ROLL FORWARD-FORWARD, BACK-1/2 FORWARD-1/4 SIDE & ACROSS, ROCK &

- 1, 2 Pivot : Step R Forward, Turn 180° Left Take Weight Onto L, (6.00)
- 3 & Turn 180° Left Step R Back, Turn 180° Left Step L Forward, (6.00)
- 4 Step R Forward,
- 5 & Step L Back, Turn 180° Right Step Forward, (12.00)
- 6 & Turn 90° Right Step L To The Side, Step R Together, (3.00)
- 7, 8 & Step L Across In Front Of Right, Rock Onto R, Step L Together. (3.00)**

[32] REPEAT THE DANCE IN NEW DIRECTION

TAG : At the END (**) of WALL 2 (6.00) ADD the following tag :

- 1 & 2 Coaster : Step R Forward, Step L Together, Step R Forward,
- 3 & 4 Coaster : Step L Back, Step R Together, Step L Forward,
- 5, 6 Rocking Chair : Step R Forward, Rock Back Onto L,
- 7, 8 Step R Back, Rock Forward Onto L.