

Stronger Roots

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 4 级数: Phrased Intermediate
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音乐: Roots - Zac Brown Band



Intro: 32 counts - ROUTINE: A-B-A-B-A(40)-A-B-B(20)-TAG-A(32)-A(32)-A(16)

PART A: 48 counts

A[1-8] ROCK, RECOVER, BEHIND SIDE CROSS, SIDE, SLIDE, &CROSS, SIDE

1-2 Rock LF to left side, recover onto RF
3&4 Step LF behind RF, step RF to right side, cross LF over RF
5-6 Long step RF to right side, slide LF onto RF
&7-8 Step LF next to RF, cross RF in front of LF, step LF to left 12:00

A[9-16] ROCK RECOVER, SHUFFLE FORWARD, ROCK FORWARD RECOVER, COASTER STEP

9-10 Rock RF back, recover weight forward onto LF
11&12 Shuffle forward RF, LF, RF
13-14 Rock forward with LF, recover back onto RF
15&16 Step LF back, RF beside LF, step LF forward 12:00

A[17-24] &STEP, CROSS, POINT, CROSS, POINT & POINT, 1/2 RIGHT MONTEREY, SIDE SHUFFLE

&17-18 Step RF next to LF, cross LF over RF, point right toe to side
19-20 Cross RF over LF, point left toe to side
&21-22 Step LF beside RF, point Right toe to side, step RF next to LF while turning 1/2 right
23&24 Step LF to left side, step RF next to LF, step LF to left side 6:00

A[25-32] ROCK, RECOVER, HINGE TURN LEFT, 1/4 PIVOT TURN LEFT, CROSSING SHUFFLE

25-26 Rock RF back, recover forward onto LF
27-28 1/4 turn left and step RF back, 1/2 turn left and step LF forward 9:00
29-30 Step RF forward, pivot 1/4 turn left 6:00
31&32& Cross RF over LF, small step LF to side, cross RF over LF, small step LF to side

A[33-40] CROSS, ROCK, RECOVER, CROSS, SIDE, CROSS, SIDE SHUFFLE

33-34 Cross RF over LF, rock LF forward to the left diagonal
35-36 Recover weight to RF, cross LF behind RF
37-38 Step RF to right side, cross LF over RF
39&40 Step RF to right side, step LF beside RF, step RF to right side

***Restart here on wall 5, looking at 6:00 - Instead of doing steps 39&40 (step RF to right side, step LF beside RF, step RF to right side) do the following:

39-40 Step RF to right side, touch LF beside RF

A[41-48] SAILOR 1/4 TURN LEFT, FULL TURN BACK, COASTER STEP, SWAYS

41&42 Step LF behind RF, step RF in place, 1/4 turn left stepping LF forward 9:00
43-44 Pivot 1/2 turn right, 1/2 turn right and step LF back
45&46 Step RF back, step LF beside RF, step RF forward
47-48 Sway hips to Left, sway hips to Right

PART B: 32 counts

B[1-8] SIDE, SLIDE, SAILOR STEP, CROSS SIDE, BEHIND-SIDE-CROSS

1-2 Step LF to side, slide RF to LF
3&4 Cross RF behind LF, step LF to left side, step RF to right side
5-6 Cross LF over RF, step RF to side
7&8 Cross LF behind RF, small step RF to side, cross LF over RF

B[9-16] SIDE, SLIDE, SAILOR STEP, CROSS, SIDE, BEHIND-SIDE-CROSS

- 9-10 Step RF to side, slide LF to RF
- 11&12 Cross LF behind RF, step RF to right side, step LF to left side
- 13-14 Cross RF over LF, step LF to side
- 15&16 Cross RF behind LF, small step LF to side, cross RF over LF

B[17-24] ROCK SIDE, 1/4 TURN RIGHT AND RECOVER, FULL TURN FORWARD, SHUFFLE FORWARD, ROCK, RECOVER

- 17-18 Rock LF to side, 1/4 turn Right and recover onto RF
- 19-20 1/2 turn right and step LF back, 1/2 turn right and step RF forward
- 21&22 Shuffle forward LF, RF, LF
- 23-24 Rock RF forward, recover onto LF

B[25-32] SIDE, SLIDE, SAILOR STEP, CROSS SIDE, BEHIND-SIDE-CROSS

- 25-26 Step RF to side, slide LF to Right
- 27&28 Cross LF behind RF, step RF to right side, step LF to left side
- 29-30 Cross RF over LF, step LF to side
- 31&32 Cross RF behind LF, small step LF to side, cross RF over LF

Bridge: after count 20 of part B on wall 8 (looking at 9:00)

- 21 Step LF forward
- 22-24 Slide RF onto LF
- 25-28 Walk RF-LF-RF-LF while turning 1 ¼ turn left (finish at 12:00)

Then keep doing part B (steps 25-32)
