

Laugh Before I Cry

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Alexis Strong (UK) - January 2018
音乐: All I Ever Do (Is Say Goodbye) - Zak Abel : (iTunes)



Start On Vocals (8 Sec intro)

[1-8] RIGHT SIDE ROCK, BACK COASTER STEP, LEFT STEP PIVOT 1/2 TURN, SHUFFLE 1/2 TURN.

1-2 Rock R To R (1) Recover On L (2)
3&4 Step Back On R (3) Step Back On L (&) Step Fwd On R (4)
5-6 Step L Fwd (5) Pivot 1/2 Turn R, Step On R (6) 6:00
7&8 Making 1/2 Turn R, Step On L (7) Step R To L (&) Step Back On L (8) 12:00

[9-16] X2 DRAG WALKS BACK , RIGHT COASTER STEP, CROSS SAMBA's X2

1-2 Step Back On R, Drag L To R (1) Step Back On L, Drag R To L (2)
3&4 Step Back On D (3) Step L To R (&) Step R Fwd (4)
5&6 Cross L Over R (5) Rock R To R Side (&) Recover On L (6)
7&8 Cross R Over L (7) Rock L To L Side (&) Recover On R (8)

[17-24] CROSS 1/4 TURN, BACK LEFT SHUFFLE, FULL TURN RIGHT, FORWARD RIGHT SHUFFLE.

1-2 Cross L Over R (1) Making 1/4 Turn L, Step Back On R (2) 9:00
3&4 Step Back On L (3) Step R To L (&) Step Back On L (4)
5-6 Over R Shoulder, Make 1/2 Turn, Step On R (5) 3:00 Over R Shoulder, Make 1/2 Turn, Step
 On L (6) 9:00
7&8 Step R Fwd (7) Step L To R (&) Step R Fwd (8)

[25-32] MAMBO STEPS FORWARD AND BACK, 1/2 TURN LOCK STEPS. (1/2 Semi Circle)

1&2 Rock Fwd On L (1) Recover Back On R (&) Step Back On L (2)
3&4 Rock Back On R (3) Recover Fwd On L (&) Step R Beside L (4)
5&6& Making 1/8 Turn L, Step On L (5) Lock R Behind L (&) Making 1/8 Turn L, Step On L (6) Lock
 R Behind L (&)
7&8 Making 1/8 Turn L, Step On L (7) Lock R Behind L (&) Making 1/8 Turn L, Step Fwd On L (8)
 3:00

[33-40] POINTS FORWARD, SIDE, COASTER STEP X2.

1-2 Point R Fwd (1) Point R To R Side (2)
3&4 Step Back On R (3) Step L To R (&) Step R Fwd (4)
5-6 Point L Fwd (5) Point L To L Side (6)
7&8 Step Back On L (7) Step R To L (&) Step L Fwd (8)

[41-48] BODY ROLL FORWARD, RIGHT MAMBO, WALKS BACK X2, LEFT COASTER STEP.

1-2 Step Fwd On R, (Bend Knee Slightly) (1) Step L Together (Push Hips And Stomach Up,
 Chest Fwd) (2)
3&4 Rock R Fwd (3) Recover Back On L (&! Step Back On R (4)
5-6 Walk Back L (5) Walk Back R (6)
7&8 Step Back On L (7) Step R To L (&) Step L Fwd (8)

RESTART WALL 3 AFTER COUNT 8

TAG DURING WALL 6 AFTER COUNT 12.

1-2 Walk Fwd L (1) Walk Fwd R (2)
3-4 Walk Fwd L (2) Hitch R Fwd (4)

Then Restart

ENDING- Wall 8 After Count 32 Cross R Over L, Unwind To Front.

ENJOY!!

Last Update – 28th jan. 2018
