

Shades On

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Newcomer / Novice
编舞者: Candee Seger (USA) - April 2018
音乐: Shades On - The Vamps : (Album: Night and Day, Night Edition)



Count In: 16 counts in (approx. 8 seconds)

Notes: No Tags, No Restarts

[1-8] Step R, Lean w/L Flick Back, Step, R Hitch, Triple Forward, Rock, Recover

1 2 Step R (1), Lean forward on RF L leg Flick back w/ bent Knee (2)
3 4 Step on L (3), Hitch R leg up high (exaggerated) in front (4)
5&6 Step R forward (5), Step L forward (&), Step R forward (6)
7 8 Rock L forward (7), Recover R (8)

[9-16] Rock Back, Recover, Step Forward 1/2 R Turn, Rock Recover, Step Back w/2 claps - 6:00

1 2 Rock L back (1), Recover R (2)
3 4 Step L Forward (3), Pivot 1/2 R (4)
5 6 Rock L Forward (5), Recover R (6)
7&8 Step L Back (7), Touch R next to L, clapping hands (&8)

[17-24] Vine Right, Touch, Step Forward, Touch, 1/4 R, Touch

1 2 Step R to R side (1), Step L behind R (2)
3 4 Step R to R side (3), Touch L next to R (4)
5 6 Step L Forward (5), Touch R to L Heel (6)
7 8 Step R 1/4 R (7), Touch L next to R (8) 9:00

[25-32] Side Triple L, Cross Rock, Recover, Step, Kick Ball Touch, Heel Tap Swivels w/Bump *(Option-Hold)

1&2 Step L to L side (1), Step R next to L (&), Step L to L side (2)
3 4 Cross R over L (3), Recover L (4)
5 Step R next to L
6&7 Kick LF Forward (6), Step on L (&), Touch R next to L (7)
&8 Tap R Heel to R (&), Tap R Heel Home (8) -this will also cause your hip to Bump Out (&), In (8)

* EASY Option is to HOLD for &8