

Made For Lovin' You

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Betsy Courant (USA) - April 2018
音乐: Made for Lovin' You - Anastacia : (Album: Pieces of a Dream)



Intro: 16 counts - PATTERN: AAB AAB BA (A with tag/restart) BBB

SECTION A:

A[1-8]: WALK R L, R FWD ROCK, L SIDE ROCK, RECOVER, CROSS, SIDE, ¼ L SAILOR STEP

1 - 2 1) Walk forward R; 2) walk forward L
3&4 3) Rock R forward; &) rock L to left side; 4) recover R
5 - 6 5) Cross L over R; 6) step R to right side
7&8 7) Step L behind R; &) ¼ turn left step R next to L; 8) step L to left side - 9:00

A[9-16]: CROSS, SIDE, BEHIND, SIDE, CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS

1 - 2 1) Cross R over L; 2) step L to left side
3&4 3) Step R behind L; &) step L to left side; 4) cross R over L
5 - 6 5) Rock L to left side; 6) recover R
7&8 7) Step L behind R; &) step R to right side; 8) cross L over R *

* TAG/RESTART 6th time dancing A; replace 7&8 with a ¼ left turn sailor step, then dance B 3 more times

A[17-24]: MONTEREY, SIDE ROCK RECOVER CROSS, ¼ L WHITCH, L COASTER STEP, SIDE

1 - 2 1) Touch R to right side; 2) full turn right transferring weight to right and step R next to L
3&4 3) Rock L to left side; &) recover R; 4) cross L over R
5 5) Recover R as you hitch L knee with L foot next to R calf and make ¼ turn left - 6:00
6&7, 8 6) Step L back; &) step R next to L; 7) step L forward; 8) step R to right side

A[25-32]: L POINT & R POINT, L POINT, L KICK, SIDE, RECOVER, CROSS, 2 HIP BUMPS

1&2& 1) Point L to left side; &) step L next to R; 2) point R to right side; &) step R next to L
3, 4&5 3) Point L to left side; 4) kick L across R; &) step L out to L side; 5) recover R
6, 7&8 6) Cross L over R; 7) bump R hip to right side; &) return R hip to center; 8) bump R hip to right side

SECTION B ("DISCO"):

B[1-8]: SKATE R L, SHUFFLE FORWARD, L KICK STEP TOUCH, R KICK STEP TOUCH

1 - 2 1) Skate forward on R; 2) skate forward on L - 12:00
3&4 3) Step R forward; &) step L next to R; 4) step R forward
5&6 5) Kick L forward; &) step down on L; 6) touch R to right side
7&8 7) Kick R forward; &) step down on R; 8) touch L to left side

B[9-16]: L CROSS, SIDE, SAILOR, R HIP BUMP UP & DOWN, STEP, HIP BUMP UP & DOWN

1 - 2 1) Cross L over R; 2) step R to right side
3&4 3) Step L back; &) step R next to L; 4) step L into left diagonal - 10:30
5&6& 5) Step R forward as you bump right hip up; &) bring hip to center; 6) step on R; &) step on L
7&8 7) Step R forward as you bump right hip up; &) bring hip to center; 8) step on R

B[17-24]: 1/8 R, ¼ R, L CHASSE, R TOUCH, HOLD, STEP, L TOUCH, HOLD, STEP

1 - 2 1) 1/8 turn right (squaring up to 12:00) step L to left side; 2) ¼ turn right step R to right side - 3:00
3&4 3) ¼ turn right step L to left side; &) step R next to L; 4) step L to left side - 6:00
5 - 6 5) Touch R out to right side as you raise R arm overhead; 6) hold; &) step R next to left and drop arm
7 - 8& 7) Touch L to left side as you raise L arm overhead; 8) hold; &) step L next to R and drop arm

B[25-32]: TOE TOUCHES WITH ARM MOVEMENTS, C-BUMP

- 1& 1) Touch R forward raising arms up, elbows bent, hands near each side of your head, &) step down on R
- 2 2) Touch L forward and bring arms down elbows still bent, arms close to your sides, hands at shoulder level
- & &) Step down on L
- 3 3) Touch R forward bring right arm across chest and left arm straight out to side, hands flexed at wrists
- & &) Step down on R
- 4 4) Touch L forward switching arms (left arm across chest, right arm out to side, hands flexed)
- & &) Step down on L
- 5 5) Touch R forward, drop left arm as you swing right arm up in front of body, elbow bent
- & &) Step down on R and drop right arm
- 6 6) Touch L forward and with elbow bent bring left arm up waist level and swing up in front of body
- & &) Step down on L and drop left arm
- 7 7) Bump R hip up and with elbow bent bring right arm up waist level and swing up in front of body
- & &) Return R hip to center and swing right arm down and parallel to the floor
- 8 8) Bump R hip down and push right elbow out to the right side (weight still on L)

TAG/RESTART 6th time dancing A; replace counts 15 & 16 (behind side cross) with a ¼ left turn sailor step, then dance B 3 more times

Contact: (egc123@aol.com)
