

Sky Mirror Boogie

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 1 级数: Beginner
编舞者: Celina Tan (SG) - June 2018
音乐: Best Day of My Life - American Authors : (Album: Oh, What A Life)



Count In: 16 counts

[1-8] Walk Walk Forward Shuffle, Step Hitch Back Together

1-2 Walk forward R L
3&4 Shuffle forward RLR
5-8 Step forward on L, Hitch R, Step back on R, Step L next to R

Optional hand movement: stretch your hands overhead when hitching on count 6

[9-16] Out-Out-In-In, Out-Out-In-In (V shape X 2)

1-4 Step R to right diagonal, Step L to left diagonal, Step R back to centre, Step L next to R
5-8 Repeat above 4 counts

Optional hand movement: stretch R hand out, stretch L hand out, Bring right hand in, Bring left hand in

[17-24] (Back Back Back Shuffle) X 2

1-2 Step R back, Step L back
3&4 Shuffle back RLR
5-6 Step L back, Step R back
7&8 Shuffle back LRL

[25-32] (Jazz Box ¼ R Turn) X 2

1-4 Cross R over L, Step back L, ¼ turn right stepping R to right side, Step L beside R [3]
5-8 Cross R over L, Step back L, ¼ turn right stepping R to right side, Step L beside R [6]

[33-40] Heel Bounce

1-4 Bounce R heel 4 times, stepping forward on R
5-6 Bounce L heel 4 times, stepping forward on L

[41-48] Rocking Chair, ¼ Left Paddle Turn X 2

1-4 Rock forward on R, Recover on L, Rock back on R, Recover on L
5-8 ** Step forward on R, pivot ¼ turn left, Step forward on R, pivot ¼ turn left [12]

****Please note, during Wall 3, Change counts 45-47 to ½ left pivot turn, hold and drop count 48 and restart the dance. Replace with:**

5-7 Step forward on R, Pivot ½ turn right, hold

Optional Ending: During wall 7, dance up to count 16 of the dance then step back on R and throw hands up and look skywards

This dance is dedicated to all our wonderful students ♥

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