

Sanctify My Sins

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Advanced
编舞者: Shane McKeever (N.IRE), Debbie Rushton (UK) & Rebecca Lee (MY) - August 2018
音乐: Sanctify - Years & Years : (3:09)



Intro: 16 counts (Dance starts approx. 0.10)

[1 – 8] Step, Lock Step, Knee Pop in-out , Rock Step , Pivot ½ turn

1,2& Step R to R diagonal (1), Lock L behind R (2), Step R to R diagonal (&) 1:30
3 & 4 Step ball of L to L as you pop knee in (3), Pop L knee out (&), Kick L forward (4) 10:30
5 & 6 Rock L back (5), Recover R (&), Step L forward (6) 10:30
7, 8 ½ turn R weight transfer to R, Step L to L square body to 6:00 6:00

[9 – 16] Sweep, Body Roll, Coaster Step , ½ Turn , ¼ Turn Side Step

1, 2& Step R next to L sweep L from front to back (1) , Step L behind R (2), Step R to R diagonal (&) 7:30
3, 4 Body roll (3), transfer weight to L (4), 7:30
5 & 6 Step R back (5), Step L next to R (&), Step R forward (6), 7:30
7, 8 ½ turn L weight to L (7), 3/8 turn L Step R to R (8) 9:00

[17 – 24] Behind, Side, Cross, Hitch, Cross, ¼ Turn Step Touch, ¼ Turn Step Touch, Cross Shuffle

1&2 Step L behind R (1), Step R to R side (&), Cross L over R (2), 9:00
3, 4 Hitch R knee up (3), Cross R over L (4), 9:00
&5&6 ¼ turn R Step L (5), Touch R next to L (&), Step R Step R (6), Touch L next to R (&), 12:00
&7&8 ¼ turn Step L to L (&), Cross R over L (7), Step L to L (&), Cross R over L (8) 3:00

[25 – 32] Step, Point , Sailor Step , Pivot ½ , Pivot ½ , Out, Out , Jump

1& 2 Step L to L (1), Point R next to L (&), Point R to R (2) 3:00
3 & 4 ¼ turn R Step R back (3), Step L back (&), Step R forward (prep to turn L)(4), 6:00
5 - 6 Pivot ½ turn L as you swivel both heel to R (5) , Pivot ½ turn R as you swivel both heel to L (6) 6:00
7 & 8 ½ turn R Step L to L (7) , Step R to R (&), Jump both feet in place (8) 12:00

RESTART ON Wall 5 & 6 : Dance up to count 32

[33 – 40] Walk, Walk, Anchor Step, ½ turn , ¼ turn weave, sweep

1 – 2 Walk R forward (1), Walk L forward (2), 12:00
3 & 4 Lock R behind L (3), Recover L (4), Step R back (&) 12:00
5&6 ½ turn L Step L forward (5), ¼ turn L Step R to R side (&), Step L behind R (6), 3:00
&7, 8 Step R to R (&), Cross L over R (7), Sweep R from back to front (8) 3:00

[40 – 48] Cross, Side, ¼ Sailor Step, Full Turn L , Full Turn R

12 Cross R over L (1), Step L to L side (2) 3:00
3&4 ¼ turn R Step R back (3), Step L next to R (&), Step R forward (prep to turn) (4) 6:00
5, 6 ½ turn L (5), ½ turn L collect R next to L (6) 6:00
7, 8 Step R forward (7) , Step L forward and spiral full Turn R (8) 6:00

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