

Be My Sweet Delight

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Glynn Rodgers (UK) - November 2018
音乐: Sweet Delight - Dan Albro



Phrasing: No Tags Or Restarts!

Note - I have written an easier version of this dance called "Be My Sweet Delight AB" which is suitable for absolute beginners.

Try teaching the AB version, and gradually add in the Mambos, Coasters and Pivots at their speed!

[1-8] GRAPEVINE RIGHT, SIDE MAMBOS LEFT & RIGHT.

1-2 Step right to right side, cross left behind right.
3-4 Step right to right side, touch left beside right.
5&6 Rock left to left side, recover weight on to right, close left to right.
7&8 Rock right to right side, recover weight on to left, close right to left.

[9-16] GRAPEVINE LEFT, SIDE MAMBOS RIGHT & LEFT.

1-2 Step left to left side, cross right behind left.
3-4 Step left to left side, touch right beside left.
5&6 Rock right to right side, recover weight on to left, close right to left.
7&8 Rock left to left side, recover weight on to right, close left to right.

[17-24] GRAPEVINE ¼ TURN RIGHT, KICK, WALK BACK, COASTER STEP.

1-2 Step right to right side, cross left behind right.
3-4 Turn ¼ right stepping forward right, kick left foot forward.
5-6 Walk back left-right.
7&8 Step back left, close right to left, step forward left.

[25-32] STEP, KICK, COASTER STEP, PIVOT ½ TURN X2.

1-2 Step forward right, kick left foot forward.
3&4 Step back left, close right to left, step forward left.
5-6 Step forward right, pivot ½ turn left.
7-8 Step forward right, pivot ½ turn left.
