

Sublime

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: High Improver
编舞者: Britt Beresik (USA) - July 2019
音乐: Santeria - Sublime



No Tags! Restart after 28 counts on every Even Wall (2,4,6,8)
Start dance on lyrics, on the word "...practice", when the beat kicks in

[1-8] SKATES, COASTER; LOCK STEP, CHARLESTON, HITCH

1-2 Skate R to back right diagonal, Skate L to back left diagonal
3&4 Step R back, Step L next to R, Step R forward
5&6 Step L forward, Lock R behind L, Step L forward
7-8 Touch R toe forward, Step R toe back
& Hitch the L knee up (sinking weight on the R heel) (12:00)

[9-16] ROCKING HITCHES, ½TURN RIGHT, SYNCOPATED ROCKS, SAILOR w/ ¼TURN LEFT

1 Rock forward on L (lifting right knee up behind)
2 Rock back on R (hitching left up in front)
3 Rock forward on L (lifting right knee up behind)
4 Keeping weight on L: Twist L heel to rotate hips ½TurnR with a R Hitch (6:00)
& small Kick with R foot
5&6 Rock forward on R, Recover on L, Rock forward on R
7&8 Cross L behind R, Step R with a ¼TurnL, Step L to left side (3:00)

[17-24] "S" BOX ¼TURNS AND SHUFFLES

1-2 ¼TurnL and Slide R to right side (12:00), ¼TurnL and Slide L to left side (9:00)
3&4 ¼TurnL and Shuffle to the right side: Step R, together L, Step R (6:00)
5-6 ¼TurnR and Slide L to left side (9:00), ¼TurnR and Slide R to right side (12:00)
7&8 ¼TurnR and Shuffle to the left side: Step L, together R, Step L (3:00)

[25-28] TWINKLE-TURN, STEP AND ½TURN RIGHT

1&2 Cross R over left, ¼TurnR and Step L back, Step R together (6:00)
3-4 Step L forward, (keep weight on left ball with right toe on floor) Twist L heel with ½TurnR (12:00)

RESTART DURING EVERY EVEN WALL - 2, 4, 6, 8

[29-32] COASTER, STEP AND ½TURN RIGHT

5&6 Step R back, Step L next to R, Step R forward
7-8 Step L forward, (keep weight on left ball with right toe on floor) Twist L heel with ½TurnR (6:00)

Ending Counts SLOW DOWN: Start WALL 9 (12:00) counts 1-6 but STOMP LEFT FOOT on final count of LOCK , then STOMP R foot together with L

Optional on last count: shimmy open hands/fingers to sides, with a side upper body lean

Contact: bberesik@gmail.com