

Footsteps

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Pam Boulton (UK) - July 2019
音乐: Footsteps - Olly Murs



Intro: 16 Counts

Sectional Dance – AAB CC AA AAB CC AA AA CC CC AAC

Part A (16 Count)

[1-8] ROCK RIGHT, BEHIND SIDE CROSS, ROCK LEFT, SAILOR ¼ TURN

1 - 2 Rock out on Right, Recover back on Left
3 & 4 Right behind Left, Left to Left side, Right cross over Left
5 - 6 Rock Left on Left, Recover back on Right
7 & 8 Left behind Right, ¼ Left Stepping back on Right, Step Left in front

[9-16] HEEL GRIND R ¼ R, COASTER STEP, ROCK FORWARD LEFT, LEFT ½ SHUFFLE

1 - 2 Right heel grind, ¼ turn Right
3 & 4 Step back on Right, Step Left beside Right, Step forward on Right
5 - 6 Rock forward on Left, Recover back on Right
7 & 8 Turn 1/2 Left shuffle (Left,Right,Left)

Part B (32 Count)

[1-8] STEP OUT RIGHT SLIDE LEFT, COASTER STEP, RIGHT STEP

1 Step Right to Right side
2 - 4 Slide Left to Right
5 - 7 Step back on Left, Step Right beside Left, Step forward on Left
8 Step forward on Right

[9-16] STEP OUT LEFT SLIDE RIGHT, COASTER STEP, LEFT STEP

1 Step Left to Left Side
2 - 4 Slide Right to Left
5 - 7 Step back on Right, Step Left beside Right, Step forward on Right
8 Step forward on Left

[17-24] CROSS RIGHT AND UNWIND

1 Cross Right over Left
2 - 7 Full turn unwind anti clockwise
8 Touch Right to Right side

[25-32] FULL TURN WALK CLOCKWISE, RIGHT JAZZ BOX

1 - 4 Walk clockwise full turn Right, Left, Right, Left
5 - 8 Cross Right over Left, Step back on Left, Step Right to Right side, Step forward Left

Part C (16 Count) (Dance whenever you hear the words “Im Taking Footsteps over”)

[1-8] WALK FORWARD RIGHT, LEFT, RIGHT, LEFT, RIGHT SAILOR BACK, LEFT SAILOR BACK

1 - 4 Walk Right, Left, Right, Left
5 & 6 Right behind Left, Left to Left side, Right to Right side
7 & 8 Left behind Right, Right to Right side, Left to Left side

[9-16] RIGHT SAILOR BACK, LEFT SAILOR ¼ TURN, RIGHT KICK BALL CHANGE, HEEL SWITCHES RIGHT AND LEFT

1 & 2 Right behind Left, Left to Left side, Right to Right side
3 & 4 Left behind Right, Right to Right side ¼ turn Left, Left to Left side

5 & 6 Right Kick , Step Right , Step Left
7 & 8 Heel switches Right and Left heel

The Last Part C Dance 6 Counts then Point Left foot behind Right to End Dance

Submitted by - Alex Wise: alexwise999@hotmail.com
