

Sippin' Sunshine

COPPER KNOB
STEP SHEETS

拍数: 48 墙数: 0 级数: Phrased
编舞者: Derek Steele (USA) - October 2019
音乐: Need This - Zac Brown Band : (Single)



Intro: After 16 counts to start with the lyrics
Sequence: A, B, B, A, A, Tag, A, B, B, A, A, A, A

PART A:

[1-8] Weave R, Triple Side, Rock Recover

1,2,3,4 Weave R: Step side R, Step L behind R, Step side R, Step L across R
5&6 Triple Side R: Step side R, Step together L, Step side R
7,8 Rock L behind R, Recover weight R

[9-16] Weave L with Half Turn Brush, Weave R

1,2,3,4 Weave L with Half Turn Brush: Step side L, Step R behind L, Turn 1/4 left stepping forward L [9:00], Turn 1/4 left brushing R next to L [6:00]
5,6,7,8 Weave R: Step side R, Step L behind R, Step side R, Step L across R

[17-24] Point, Cross, Point, Cross, Rock, Recover, Triple Back

1,2,3,4 Touch/Point R toes side R, Step R across L, Touch/Point L toes side L, Step L across R
5,6 Rock forward R, Recover back L
7&8 Triple Back: Step back R, step together L, Step back R

[25-32] Rock, Recover, Triple Forward, 1/8 Hip Roll, 1/8 Hip Roll

1,2 Rock back L, Recover forward R
3&4 Triple Forward: Step forward L, Step together R, Step forward L
5,6 Step R forward and roll hips counter-clockwise back to front, Settle hips and weight over L [5:00]
7,8 Step R forward and roll hips counter-clockwise back to front, Settle hips and weight over L [3:00]

PART B:

[1-8] "Bow & Rejoice, I'm Not Worthy" or Walk Forward R, L, R, Together, Walk Back R, L, R, Together

1,2,3,4 Bend forward with head down and arms by your side and slowly raise body with arms raised over head over these 4 counts while you Walk Forward R, L, R, Step together L ending in standing position with arms up, clap on count 4
5,6,7,8 Reverse above, by lowering yourself and your arms over the 4 counts while you Walk Back R, L, R, Step together L, clap on count 4

[9-16] Side, Behind, Side, Touch or Brush, Side, Behind, 1/4 Step, Brush

1,2,3,4 Vine R: Step side R, Step L behind R, Step side R, Touch or Brush L
5,6,7,8 Vine L 1/4: Step side L, Step R behind L, Step side L, Turn 1/4 left brushing R next to L

TAG:

[1-8] R Jazz Box x2

1,2,3,4 R Jazz Box: Step R across L, Step back L, Step side R, Step forward L
5,6,7,8 R Jazz Box: Step R across L, Step back L, Step side R, Step forward L

Enjoy!

www.dereksteele.net
www.mcdcevent.com

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