

Sunday Best

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - June 2020
音乐: Sunday Best - Surfaces : (iTunes)



(Start on lyrics "good" / 32 counts intro)

[S1] Prissy Walk, Heel Swivel, Lift, Back Rock-1/2-Side Rock

1 2 3 Prissy walk - Step forward on R, Step forward on L, Step forward on R
4&5 Step forward on L and swivel both heels in, Swivel both heels out, Swivel both heels in
6 Lift L foot and recover weight on R
7&8 Rock back on L, Recover weight on R, Make a 1/2 turn right slightly stepping back on L (6:00)
&1 Rock R to the side, Recover weight on L

[S2] Cross Rock, Side-Cross (Touch)-Split-1/4L-Together, Heel Slide, Back Rock

2& Rock R across L, Recover weight on L
3& Step R to the side, Touch L toe across R
4 Split your feet side to side (shoulder length)
&5 Make a 1/4 turn left stepping R in place, Step L together (3:00)
6 7 Sliding R heel forward while leaning back over 2 counts
8& Rock back on R, Recover weight on L

[S3] 1/2L, Hitch, Back Rock-Side Rock, Cross, Hip Hitch, Side Rock, Paddle Turn

1 2 Step forward on R and making a 1/2 turn left, Lift L knee (9:00)
3&4& Rock back on L, Recover weight on R, Rock L to the side, Recover weight on R
5 6 Cross L over R, Hitch R knee/ hip bump to the right
7& Rock R to the side, Recover weight on L
8& Step forward on R, Make a 1/4 turn left recover weight on L (6:00)

[S4] Cross, 1/4R, 1/2R Shuffle, 1/2R-Together, Quick Turn, Shuffle Fwd

1 2 Cross R over L, Make a 1/4 turn right stepping back on L
3&4 Making a 1/2 turn right shuffle forward R-L-R (3:00)
&5 Swiftly make a 1/2 turn right stepping back on L, Step R together (9:00)
6& Step forward on L, Make a 1/2 turn left stepping back on R
7&8 Making a 1/2 turn left shuffle forward L-R-L (9:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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