

Something Inside

COPPER KNOB
STEPSHEETS

拍数: 136 墙数: 0 级数: Phrased Intermediate
编舞者: Martina Bucco (DE) - July 2020
音乐: Something Inside - Marc Roberts



Part A: 64 counts, Part B:56 counts, Tag:16counts, Part C: 16 counts,Tag 2:32 counts

Sequence A,B, TAG, A,B, C, B*, TAG 2 ,B**33-56

Part A: 64 counts

[1-9] STEP, ROCK STEP, LOCK SHUFFLE. KICK, STEP, TOUCH, STEP, TURN,

1-3 LF step diagonal left forward, RF step forward,weight back to LF
4&5 RF step back, LF cross in front of RF, RF step back
6&7 LF kick forward, LF step beside RF,RF touch right
8-1 RF step forward with 1/4 turn right ,1/4 turn left on RF,carry LF

[10-16] CROSS, STEP 1/4 TURN, STEP 1/4 TURN, MAMBO STEP 2x

2 LF cross over RF
3-4 RF step back with 1/4 turn left,LF step left with 1/4 turn left
5&6 RF step forward left,weight back to LF,RF step right
7&8 LF step right forward,weight back to RF,LF step left

[17-24] SYNC.ROCK STEPS, SLIDE, COASTER STEP,SHUFFLE

1&2& RF step forward left,weight back to LF,RF step back,weight back to LF
3&4 RF step forward left,weight back to LF,RF step back(slide LF back)
5&6 LF step back,RF step beside LF,LF step forward
7&8 RF step forward,LF step behind RF,RF step forward

[25-33] CROSS,STEP, TRIPLE 1/2 TURN, 1/2 TURN, CROSS, SIDE ROCK

1-2 LF cross over RF,RF step back
3&4 LF step left with 1/4 turn left,RF step beside LF,LF step forward with 1/4 turn left
5-6 1/2 turn left on LF(carry RF)
7 RF cross over LF
8-1 LF step left,weight back to RF

[34-41] STEP IN PLACE 3X, SIDE ROCK, STEP IN PLACE 3x, ARM MOVEMENTS

2&3 LF step beside RF,RF step beside LF,LF step beside RF
4-5 RF step right, weight back to LF
6&7 RF step beside LF,LF step beside RF,RF step beside LF
8 R arm going up,L arm going down,Snip fingers
1 R arm going down,L arm going up,Snip fingers

[42-48] ARM MOVEMENTS, TOUCH 2x,TURN, TOUCH, TURN,STEP

2 R arm going up,L arm going down,Snip fingers
3 R arm going down,L arm going up,Snip fingers
4-5 RF touch right 2x,Snap fingers2x,
6-7 1/2 turn right,LF touch left,2x,Snap fingers 2x
8 1/2 turn right,RF step right

[49-57] SAILOR STEP 1/4 TURNSTEP, ROCK STEP, COASTER STEP, STEP, ROCK STEP,

1-3 LF cross behind RF,RF step right with 1/4 turn left,LF step forward
4-5 RF step forward,weight back to LF
6&7 RF step back,LF step beside RF,RF step forward

8-1 LF step forward, weight back to RF

[58-64] COASTER STEP,(3x STEP,1/2 TURN, STEP, 1/2 TURN,)

2&3 LF step back,RF step beside LF,LF step forward
4-5 RF step forward,1/2turn left on both feet,LF step forward with 1/2 turn left
6-7 RF step back with 1/2turn left ,LF step forward with 1/2 turn left
8-1 RF step back with 1/2turn left ,LF step forward with 1/2 turn left

Part B: 56 counts

[1-8] TOUCH, 1/2 TURN, FLICK, STEP, SPIRAL TURN, STEP 1/4 TURN ,SLIDE ,BEND KNEE, STEP 1/4 TURN, 1/1 TURN

1-2 RF touch forward,1/2 turn left with flick
3-4 RF step forward,full turn left on both feet
5-6 LF step forward with 1/4 turn left,RF slide right,left knee bend
7-8 RF step forward with 1/4 turn right,1/1 turn right on RF(carry LF)

[9-16] 5x STEP ,TOUCH, CLAP, KICK BALL STEP

1-2 LF step back,right toe turn from left to right,RF step back,left toe turn from right to left
3-4 LF step back,right toe turn from left to right,RF step back,left toe turn from right to left
5-6 LF step back,RF touch beside LF,Clap in both hands
7&8 RF kick forward,RF step beside LF,LF step forward

[17-32] REPEAT COUNTS 1-16

[33-40] KICK, STEP ,SWIVEL 3x,KICK, STEP ,SWIVEL 3x,

1 RF kick forward(LF on Toe)
2 RF step beside LF, LF step forward with bend knees(Heel turn from right to left)
3 RF step forward with bend knees(Heel turn from left to right)
4 LF step forward with bend knees (Heel turn from right to left)
5-8 Repeat Counts 1-4

[41-48] STEP 1/4 TURN, TOUCH 4x

1-2 RF step forward with 1/4 turn right,LF touch beside RF
3-4 LF step forward with 1/4 turn right,RF touch beside LF
5-6 RF step forward with 1/4 turn right,LF touch beside RF
7-8 LF step forward with 1/4 turn right,RF touch beside LF

[49-56] ROLLING VINE, STEP, UPPER BODY FORMS A CIRCLE CLOCKWISE

1-3 RF step forward with 1/4 turn right,LF step back with 1/2 turn right,RF step right with 1/4 turn right
4-8 LF big step left, Upper body forms a circle clockwise,weight changes from RF to LF,RF slide beside LF

TAG:

[1-9] STEP, ROCK STEP,CHASSEE, ROCK STEP, SHUFFLE 1/2 TURN

1-3 RF step diagonal right forward,LF step diagonal right forward,weight back to RF
4&5 LF step left,RF step beside LF,LF step left
6-7 RF step diagonal left forward, weight back to LF
8&1 RF step right with 1/4 turn right, LF step beside RF, RF step forward with 1/4 turn right

[10-16] TOUCH, CROSS, TOUCH, JAZZ BOX 1/4 TURN, STEP

2-4 LF touch left,LF cross over RF,RF touch right
5-7 RF cross over LF,RF step back,LF step back ,RF step right with 1/4 turn right
8& LF step forward with 1/4 turn right,RF step behind LF

PART C: 16 counts

[1-9] STEP, SWEEP, SWEEP, STEP, TOUCH, HOLD, STEP, 1/4 TURN, TOUCH, HOLD, CROSS, HOLD, 1/2 TURN, HOLD

- & 1 RF step back,LF makes a circle from front to back (weight on LF)
- 2 RF makes a circle from front to back (weight on RF)
- 3 LF touch in front of RF (Arms stretched forward,crossed)hold
- 4 LF step forward
- 5 1/4 turn left,RF touch right (stretch left arm up, right arm in front of the body)hold
- 6 RF cross over LF
- 7 (left Arm stretched forward,right arm stretched back)hold
- 8 1/2 turn left on both feet
- 1 (stretch left arm up, right arm in front of the body)hold

[10-16] STEP 1/4 TURN, HOLD, TOUCH, HOLD, STEP 1/4 TURN, SLOW FULL TURN,TOUCH, 1/2 TURN FLICK

- 2 LF step left with 1/4 turn left
- 3 (left arm stretch left,hand angled)hold
- 4 LF touch beside RF
- 5 (left arm streched up,right arm grips left arm above the head)hold
- 6-7 LF step left with 1/4 turn left
- 8 1/1 turn on LF(end on both feet)

Part B*

Dance counts 1-8 slow,then Part B to the end

[1-8] TOUCH, 1/2 TURN, FLICK, STEP, SPIRAL TURN, STEP 1/4 TURN ,SLIDE ,BEND KNEE, STEP 1/4 TURN, 1/1 TURN

- 1-2 RF touch forward,1/2 turn left with flick
- 3-4 RF step forward,full turn left on both feet
- 5-6 LF step forward with 1/4 turn left,RF slide right,left knee bend
- 7-8 RF step forward with 1/4 turn right,1/1 turn right on RF(carry LF)

TAG 2:

[1-9] STEP, ROCK STEP, CHASSEE, ROCK STEP, SHUFFLE 1/2 TURN,

- 1-3 RF step diagonal right forward,LF step diagonal right forward,weight back to RF
- 4&5 LF step left,RF step beside LF,LF step left
- 6-7 RF step diagonal left forward, weight back to LF
- 8&1 RF step right with 1/4 turn right, LF step beside RF, RF step forward with 1/4 turn right

[10-16] TOUCH, CROSS, TOUCH, JAZZ BOX 1/4 TURN, TOUCH

- 2-4 LF touch left,LF cross over RF,RF touch right
- 5-7 RF cross over LF,RF step back,LF step back ,RF step right with 1/4 turn right
- 8 LF touch beside RF

[17-25] STEP, ROCK STEP, CHASSEE, ROCK STEP, CHASSEE 1/4 TURN,

- 1-3 LF step left diagonal forward,RF step diagonal left forward,weight back to LF
- 4&5 RF step right,LF step beside RF,RF step diagonal right forward
- 6-7 LF step diagonal right forward,weight back to RF
- 8&1 LF step left,RF step beside LF,LF step forward with 1/4 turn left

[26-32] TRIPLE TURN, SIDE ROCK

- 2&3 RF step forward,LF step beside RF with 1/4 turn left,RF step back with 1/4 turn left
- 4&5 LF step left with 1/4 turn left,RF step beside LF,LF step forwad with 1/4 turn left
- 6-7 RF step right,weight back to LF
- 8 RF touch beside LF

ENJOY DANCING!! :-)

June 10th 2020
