

The Worst 15 Minutes of My Life

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jo Boocock (NZ) & Bex Roper (NZ) - March 2021
音乐: 15 Minutes - Rodney Atkins



Intro - 32 count - no tags
Starts on word "Smoking"

[1-8] Heel Grind, Rock, Recover, Repeat

1,2,3,4 Grind R heel forward, Recover on Left, Rock Back on Right, Recover forward on left
5,6,7,8 Grind R heel forward, Recover on Left, Rock Back on Right, Recover forward on left

[9-16] Step Touch, Step Touch, Vine Right, Touch

1,2,3,4 R step forward on diagonal, L touch beside R, L step forward on diagonal, R touch beside L
5,6,7,8 R step R, L behind R, R step R, L touch beside R

[17-24] Vine Left into ¼ Turn L with Scuff, Rocking Chair

1,2,3,4 L Step L, R Behind L, L step into ¼ Turn L, R scuff beside L
5,6,7,8 R rock forward, recover on L, R rock back, recover on L

[24-32] Jazz Square, Heel Twists, R,C,R,C

1,2,3,4 R cross over L, L step Back, R step R, L Step beside R
5,6,7,8 Twist both heels R, Centre, R, Centre Ending

On wall 8, after 12 counts: R step to R, L behind R with ¼ L, step R fwd to finish facing 12:00.

Dance edit, email: jobex.bootscoot@gmail.com