

Sweet Parade

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Wendie Smith (USA) - March 2022
音乐: Ain't Mary Jane - Jenny Tolman



Count In: Starts almost immediately on the word "Ain't"

Notes: NO TAGS OR RESTARTS!!

[1 - 8] STEP, ROCK, RECOVER, TRIPLE, STEP, ROCK, RECOVER

1 2 3 Step RT to side, Rock LT back, recover to RT 12:00
4 & 5 Step LT forward, step RT next to LT, step LT forward 12:00
6 7 8 Step RT forward, rock LT forward, recover RT 12:00

[9 - 16] ½ TURN, HITCH, ½ TURN, HITCH, SWAY BACK, FRONT, BIG STEP, DRAG

1 2 ½ turn over left stepping LT forward, hitch RT 6:00
3 4 ½ turn over left stepping RT back, hitch LT 12:00
5 6 Step LT back pushing hips back, push hips forward (weight ends on RT) 12:00
7 8 Big step forward on LT, drag RT to LT (weight ends on LT) 12:00

[17 - 24] CROSS, BACK, BACK, CROSS, BACK, BACK, CROSS, BACK, ¼ TURN, STEP SIDE

1 & 2 Cross RT over LT, step back LT, step back RT 12:00
3 & 4 Cross LT over RT, step back RT, step back LT 12:00
5 6 Cross RT over LT, step back LT 12:00
7 8 ¼ turn right stepping RT to side, step LT to side 3:00

[25 - 32] SAILOR, SAILOR, FULL TURN, WALK, WALK

1 & 2 Cross RT behind LT, step LT side, step RT side 3:00
3 & 4 Cross LT behind RT, step RT side, step LT side (use count 4 to prep for turn) 3:00
5 6 ½ turn right stepping RT forward, ½+ turn right stepping LT back (over rotate this turn to end at 10:30) 5:30
7 8 Walk forward at diagonal, RT, LT 5:30

[33 - 40] TOE STRUT, TOE STRUT, SUGAR STEPS (aka swivel skates)

1 2 Touch RT toe forward at a diagonal, drop heel 5:30
3 4 Touch LT toe forward at a diagonal, drop heel 5:30
5 6 Twist RT foot out while stepping right, twist LT foot out while stepping left 5:30
7 8 Twist RT foot out while stepping right starting 1/8 turn to right, twist LT foot out while stepping left and finishing the 1/8 turn 12:00

[41 - 48] MODIFIED JAZZ ¼ , MODIFIED ½ MONTEREY

1 2 Cross RT over LT, Step LT back 12:00
& 3 & 4 Step on ball of RT, cross LT over RT, step on ball of RT making ¼ turn right, cross LT over RT 9:00
5 6 Touch RT to side, make ½ turn over right stepping on RT 3:00
7 & 8 Rock LT to side, recover on RT, cross LT over RT 3:00

See ya on the dance floor