

Paycheck To Paycheck

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - May 2022
音乐: Paycheck To Paycheck - Midland



Start after 36 count intro – approx. 20secs – they sing ‘got no tread’ come in on the word ‘tread’ – 112bpm – 2mins 56secs

Music Available: Amazon

[1-8] R fwd, L fwd mambo, R back coaster cross, step L side, R touch ball cross

1-2&3 Step R forward, step L forward, recover weight on R, step L back

4&5 Step R back, step L together, cross step R over L

6-7&8 Step L side, touch R together, step R back, cross step L over R

[9-16] R side, L sailor, R sailor, L fwd, R fwd, twist heels R to centre (weight on L)

1-2&3 Step R side, cross step L behind R, step R side, step L side

WALL 11: Dance will end on the L sailor step, add a ¼ left to end facing front wall

4&5 Cross step R behind L, step L side, step R side

6 Step L forward

7&8 Step R forward, twist both heels right and then back to centre (weight on L)

RESTART: WALLS 2 (LEFT SIDE WALL), 4 (BACK WALL), 8 (LEFT SIDE WALL)

During these walls dance until the heel twist (count 16) and restart the dance

[17-24] Walk back R/L, R/L apart, R fwd, walk fwd L/R, L/R apart, L fwd

1-2 Step R back, step L back

&3-4 Step R apart, step L apart, step R forward

5-6 Step L forward, step R forward,

&7-8 Step L apart, step R apart, step L forward

[25-32] R fwd, L fwd, ¼ R pivot turn, cross L over R, ½ L hinge turn, syncopated R fwd rock/recover, syncopated R side rock/recover, R back, L tog (1st two steps of coaster step)

1-2&3 Step R forward, step L forward, pivot ¼ right, cross step L over R (3)

4-5 Turning ¼ left step R back, turning ¼ left step L side (9)

6& Rock R forward, recover weight on L

7& Rock R side, recover weight on L

Less syncopated option for 6-7: Touch R forward, touch R side

8& Step R back, step L together (1st two counts of a coaster step)

Start again and enjoy!

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