

Hedonism

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hanna Pitkänen (FIN) - 25 January 2023
音乐: Hedonism (Just Because You Feel Good) - Skunk Anansie



Start the dance after 32 counts of heavy beat
No tags and no restarts!

[1-9]: Step, behind with knee pop, behind, side, cross, left nightclub basic, shuffle right

1,2 Step R to diagonal forward (1), lock L behind R as you pop out right knee (2)
3&4 Step R behind L (3), step L to side (&), cross R over L (4)
5,6 Big step to side on L (5), step R behind L (6)
7 Cross L over R (7)
8&1 Step R to side (8), step L next to R (&), step R to side (1)

[10-16] ¼ right with sweep, coaster step, fwd rock, rocking chair

2 ¼ turn right as you step L behind R sweeping R from front to back (2)
3&4 Step R back (3), step L next to R (&), step R forward (4)
5,6 Rock L forward (5), recover to R (6)
7&8 Rock back L (7), recover to R (&), rock forward to L (8)
& Recover to R (&)

[17-24] Step back L R with sweeps, coaster step, step, ½ turn, ½ turn, ½ turn

1,2 Step back L sweeping R from front to back (1), step back R sweeping L from front to back (2)
3&4 Step back L (3), step R next to L (&), step L forward (4)
5 Step R forward (5)
6-7 ½ turn right stepping L back sweeping R from front to back (6), ½ turn right stepping R forward hitching L slightly (toes next to ankle) (7)
8 ½ turn right stepping L back sweeping R from front to back (8)

[25-32] ¼ sailor right, ¼ turn left, step, lock, heel bounces x2, out out with heels, back, together

1&2 continue turning ¼ to right as you step R behind L (1), step L next to R (&), step R forward (2)
3 ¼ turn left stepping L forward (3)
4& Step R forward (4), step L behind R (&)
5,6 Unwind ¼ turn left bouncing both heels (5), unwind ¼ turn left bouncing both heels (weight ends on L) (6)
7&8& Step R heel out to diagonal right (7), step L heel out to diagonal left (&), step back R (8), step L next to R (&)

*At the end of walls 2 (facing 6) and 7 (facing 9) there is no beat, continue with two heel bounces during counts 7, 8

REPEAT

Have fun dancing!

Last Update: 6 Feb 2023