

Stuck on Repeat

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Advanced
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音乐: Repeat - Earl St. Clair



Intro: 16 Counts, Start at approx 6 secs
Sequence: A, A, Tag, B, A, A, Tag, B, A, A, B, A

Part A: 32c

SEC 1 Jazz Box Cross, Side Slide, Kick, Point

1-2 Cross right over left, step left back
3-4 Step right to right, cross left over right
5-6 Step right to right sliding left beside right over 2 counts
7-8 Kick left over right, point left to left

SEC 2 ¼ Step, Flick, Walk, Walk, Out, Out, Drop, Swivel ¼ Turn

1-2 Turn ¼ left step left forward bending knees, straighten legs flicking right back (9:00)
3-4 Step right forward, step left forward
&5-6 Step right to right toe, step left to left toe, drop heels
7-8 Twist right toe to right and left heel to left, turn ¼ left recover feet to centre (6:00)

SEC 3 Back, Touch, ¼ Side, Point, 1¼ Rolling Vine, Sweep

1-2 Step left back, touch right beside left
3-4 Turn ¼ right step right to right, point left to left (9:00)
5-6 Turn ¼ left step left forward, turn ½ left step right back (12:00)
7-8 Turn ½ left step left forward, sweep right from back to front (6:00)

SEC 4 Weave, Swivel Heel, Toe, Heel, Toe

1-2 Cross right over left, step left to left
3-4 Step right behind left, step left to left
5-6 Twist both heels to left, twist both toes to left
7-8 Twist both heels to left, twist both heels to left

Tag: 16c

SEC 1 Point Forward, Side, Point Forward, Side, Point Back, Side, Point Back, Side

1-2 Point right over left, step right to right
3-4 Point left over right, step left to left
5-6 Point right behind left, step right to right
7-8 Point left behind right, step left to left

SEC 2 Step, 1/2 Pivot, Step, 1/2 Pivot, Side, Slide, Out, Out

1-2 Step right forward, pivot 1/2 left transferring weight on to left (6:00)
3-4 Step right forward, pivot 1/2 left transferring weight on to left (12:00)
5-6 Step right forward, slide left towards right
7-8 Step left to left, step right to right

Part B: 64c

SEC 1 Twist, Recover x4

1-2 Rock weight to right popping left knee pulling left shoulder back, recover to centre
3-4 Rock weight to right popping left knee pulling left shoulder back, recover to centre
5-6 Rock weight to right popping left knee pulling left shoulder back, recover to centre

7-8 Rock weight to right popping left knee pulling left shoulder back, recover to centre transferring weight onto left

SEC 2 Cross, 1/2 Unwind, Cross, Point, Step, Side

1-2 Cross right over left, hold
3-4 Unwind 1/2 left transferring weight on to left, hold (6:00)
5-6 Cross right over left, point left to left
7-8 Step left forward, step right to right

Arms On Count 8, lift right hand to head height

SEC 3 Knee Pop, Recover x4

1-2 Pop right knee in, recover back to centre
Arms Drop right hand forward to shoulder height, Lift hand back to head height

3-4 Pop right knee in, recover back to centre
Arms Drop right hand forward to shoulder height, Lift hand back to head height

5-6 Pop right knee in, recover back to centre
Arms Drop right hand forward to shoulder height, Lift hand back to head height

7-8 Pop right knee in, recover back to centre (weight ends on right)

Arms Drop right hand forward to shoulder height, Lift hand back to head height

SEC 4 Step, 1/2 Turn Heel Bounces, Back Rock, Walk, Walk

1 Step left forward
2-3-4 Turn ½ right bouncing heels 3 times (weight ends on left) (12:00)
5-6 Rock right back, recover weight onto left
7-8 Step right forward, step left forward

SEC 5 Stomp, Swivel Toe Heel Toe, Stomp, Swivel Toe Heel Toe

1-2 Step right forward to right diagonal, twist left heel towards right
3-4 Twist left toes towards right, twist left heel towards right
5-6 Step left forward to left diagonal, twist right heel to left
7-8 Twist right toes to left, twist right heel to left

SEC 6 Back, Touch, Back, Touch, Back Rock, Step, Step

1-2 Step right back to right diagonal, touch left beside right
3-4 Step left back to left diagonal, touch right beside left
5-6 Rock right back, recover weight onto left
7-8 Step right forward, step left forward

SEC 7 Stomp, Swivel Toe Heel Toe, Stomp, Swivel Toe Heel Toe

1-2 Stomp right forward to right diagonal, twist left heel towards right
3-4 Twist left toes towards right, twist left heel towards right (weight ends on right)
5-6 Stomp left forward to left diagonal, twist right heel to left
7-8 Twist right toes to left, twist right heel to left (weight ends on left)

SEC 8 Back, Touch, Back, Touch, Back Rock, Step, Step

1-2 Step right back to right diagonal, touch left beside right
3-4 Step left back to left diagonal, touch right beside left
5-6 Rock right back, recover weight onto left
7-8 Step right forward, step left forward
