

On The Hill

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Syndie BERGER (FR) - January 2024
音乐: Heather On The Hill - Nathan Evans



Intro : 32 counts (17 secondes) – Weight on Left foot

SECTION 1 WALK TWICE – MAMBO ½ TURN RIGHT – DIAGONAL SHUFFLE LEFT & RIGHT FORWARD

1 – 2 Step RF forward – Step LF forward
3 & 4 Step RF forward – Recover on LF (&) - Pivot ½ turn R stepping RF forward (facing 6:00)
5 & 6 Step LF in L diagonal – RF next behind LF (&) – Step LF in L diagonal
7 & 8 Step RF in R diagonal – LF next behind RF (&) – Step RF in R diagonal

SECTION 2 CROSS ROCK – SIDE TRIPLE STEP – HEELS SWITCH – STEP ½ TURN LEFT

1 – 2 Cross LF over RF – Recover on RF
3 & 4 Step LF to the L side – RF next to LF (&) – Step LF to the L side
5 & 6 Heel RF forward – Stepping RF next LF (&) – Heel LF forward
& 7-8 Stepping LF next RF (&) - Step RF forward – Pivot ½ turn L (facing 12:00)

SECTION 3 ROCK FORWARD - & HEEL – HOLD (with arms) – TOE-HEEL-STOMP RIGHT & LEFT

1 – 2 Step RF forward – Recover on LF
& 3-4 **Step back on RF (&) - Heel LF forward – Hold (4)
& Stepping LF next RF (weight on LF)
5 & 6 Touch toe RF next to LF (R knee turning in) – Touch R heel next LF (R knee turning out) (&) – Stomp RF forward
7 & 8 Touch toe LF next to RF (L knee turning in) – Touch L heel next RF (L knee turning out) (&) – Stomp LF forward

**** Note for arms moves : Upper body and look turn to R, arms at shoulder's height and horizontal to the floor**

SECTION 4 RIGHT ROCKING CHAIR – STEP ¼ TURN LEFT – KICK BALL STEP

1 – 2 Step RF forward – Recover on LF
3 – 4 Step RF back – Recover on LF
5 – 6 Step RF forward – Pivot ¼ turn L (facing 9:00)
7 & 8 Kick RF forward – Stepping RF next LF (&) – Step LF forward

Dance, Smile & Sweeeeeeeeeeep !

FINAL FOR A BIG FINISH : At the end of Wall 7 (facing 6:00), change counts 5 to 7 from Section 4 by :

5 – 6 Step RF forward – Pivot ½ turn L (facing 12:00)
7 Stomp RF forward and strike a pose that inspires you ;)

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Last Update: 2 Oct 2024