

Growing Pains

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Growing Pains - Trousdale



Intro: 16 Counts after heavy beat starts.

Modified K Step Shuffle, L Rock Recover

1 2 Step forward R to R diagonal, touch L behind R.
3 4 Step back L to L diagonal, touch R next to L.
5 & 6 R shuffle back stepping R, L, R.
7 8 Rock back L, recover onto R.

Walk L, R, L Shuffle, Cross 1/4 R Chasse

1 2 Walk forward L, R.
3 & 4 L shuffle forward stepping L, R, L.
5 6 Cross R over L, make 1/4 R stepping back on L.(3 o'clock)
7 & 8 Step R to R side, step L next to R, step R to R side.

L Cross Recover Chasse, R Cross Recover Chasse

1 2 Cross L over R, recover onto R.
3 & 4 Step L to L side, step R next to L, step L to L side.
5 6 Cross R over L, recover onto L.
7 & 8 Step R to R side, step L next to R, step R to R side.

Cross Weave, L Rock Recover Coaster

1 2 Cross L over R, step R to R side.
3 4 Step L behind R, step R to R side
5 6 Rock forward L, recover onto R
7 & 8 Step back L, step R next to L, step forward L.
