

# Trampoline

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Esmeralda van de Pol (NL) - January 2025  
音乐: Trampoline - SHAED & ZAYN : (iTunes)



Intro: 4 counts

## \*\*SIDE, BEHIND, ¼ TURN R, ¾ HINGE TURN, SIDE ROCK, BEHIND SWEEP, BACK SWEEP, BACK SWEEP, COASTER STEP

1-2&                      Step RF to R side(see note for 2nd wall), Step LF behind RF, ¼ turn R-stepping RF fwd 03.00  
3-4&                      Hinge ¾ T R, Rock RF to R side, Recover weight on LF 12.00  
5-6-7                      Step RF behind LF-sweep LF to back, Step LF back, sweep RF back, Step RF back, Sweep LF to back  
8&1                      Sep LF back, Step RF next to LF, Step Fwd on RF on ball of feet and hitch R knee (going up)

## RUN FWD, ROCK ¼ TURN L, RECOVER ¼ TURN L, FULL TURN L, PIVOT ¼ TURN, CROSS ROCK, SIDE ROCK

2&3                      Step RF fwd, Step LF fwd, ¼ turn L-rock RF to R side  
4&5                      ¼ turn L-recover weight on LF, ½ turn L-step RF back, ½ turn L-Step LF fwd 06.00  
6&7&                      Step RF fwd, ¼ turn L-weight on LF, Rock RF across LF, Recover weight on LF 03.00  
8&                      Rock RF to R side, Recover weight on LF\*\*Tag & Restart wall 2

## BACK SWEEP, COASTER STEP, MAMBO ½ TURN R, FULL SPIRAL TURN R, STEP FWD, FWD ROCK

1-2&3                      Step RF back-sweep LF to back, Step LF back, Step RF next to LF, Step LF fwd  
4&5                      Rock RF fwd, Recover weight on LF, 1/2 turn R-step RF fwd 09.00  
6-7                      Step LF fwd full turn R, Step RF fwd  
8&                      Rock LF fwd, Recover weight on RF

## LEFT SIDE LUNCH, TRIPPLE FULL TURN L, BEHIND, ¼ TURN R, PIVOT ½ TURN R, BALL ROCKING CHAIR.

1-2&3                      Lunge LF to side, ¼ turn L Recover weight on RF, ½ turn L-step LF fwd, ¼ turn L-step RF to R side 12.00  
4&                      Step LF behind RF, ¼ turn R-step RF fwd 09.00  
5-6&                      Step LF fwd, ½ turn R-weight on RF, Step LF next to RF 06.00  
7&8&                      Rock RF fwd, Recover weight on LF, Rock RF back, Recover weight on LF

## \*\*\*NOTE!!!! MAKE ONE EXTRA ¼ TURN L ON COUNT 1 FROM YOUR NEXT WALL TO START THE DANCE AGAIN

Wall two will start at the 3.00 wall

### TAG:

Wall 2 after 16 counts (06.00)–

End of wall 4 (12.00) –

1-2&                      Step RF back, sweep LF to back, Step LF Behind RF, Step RF to R Side  
3-4&                      Rock LF across RF, Recover weight on RF, Step LF to L side

### RESTART

Wall 2 after the tag. 06.00

Dance With Esmeralda

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