

The Ones Who Love Me And The Ones I Love (爱我的人和我爱的人)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Heru Tian (INA) - March 2025
音乐: Ai Wo De Ren He Wo Ai De Ren (爱我的人和我爱的人) (摇滚版) - Half Ton Brothers (半吨兄弟)



SOD : AABB TAG1 A TAG2 AABB TAG1 BB END

PART A: 32C

Section A1 : Walks Fwd, Point, Walks Back, Point

1234 Walk Fwd RF,LF,RF (1,2,3), Point LF to L Side (4)
5678 Walk Bwd LF,RF,LF (5,6,7), Point RF to R Side (8)

Section A2 : 3/4R Walks Around, V Step

1234 1/4R, Walk RF Fwd (1), 1/4R, Walk LF Fwd (2), 1/4R, Walk RF Fwd (3), Step LF next to RF (4) (9.00)
5678 Step RF Fwd to R Diagonal (5), Step LF Fwd to L Diagonal (6), Step RF Back to center (7), Step LF next to RF (8)

Section A3 : Point Switches, Fwd Press Switches (R&L)

1234 Point RF to R Side (1), Close RF Next to LF (2), Point LF to L Side (3), Close LF Next to RF (4)
5678 Press RF Fwd (5), Close RF Next to LF (6), Press LF Fwd (7), Close LF Next to RF (8)

Section A4 : Cross Rock, 1/4R Shuffle, 1/2R Shuffle, Rock Back

12 Rock RF cross over LF (1), Recover on LF (2)
3&4 1/4R, Step RF Fwd (3), Step LF next to RF (&), Step RF Fwd (4) (12 00)
5&6 1/2R, Step LF Back (5), Step RF Next to LF (&), Step LF Back (6)
78 Rock RF Back (7), Recover on LF (8)

PART B: 32C

Section B1 : Side Rock, Cross Shuffle, 1/4R Back, Side, Cross Shuffle

12 Rock RF to R Side (1), Recover on LF (2)
3&4 Cross RF over LF (3), Step LF to L Side (&), Cross RF over LF (4)
56 1/4R, Step LF Back (5), Step RF to R Side (6) (3.00)
7&8 Cross LF over RF (7), Step RF to R Side (&), Cross LF over RF (8)

Section B2 : Side Rock, Triple Steps in place (R&L)

12 Rock RF to R Side (1), Recover on LF (2)
3&4 Step RF next to LF (3), Step LF in place (&), Step RF in place (4)
56 Rock LF to L Side (5), Recover on RF (6)
7&8 Step LF next to RF (7), Step RF in place (&), Step LF in place (8)

Section B3 : Rock Fwd, Back Shuffle, Rock Back, Fwd Shuffle

12 Rock RF Fwd (1), Recover on LF (2)
3&4 Step RF Back (3), Step LF Next to RF (&), Step RF Back (4)
56 Rock LF Back (5), Recover on RF (6)
7&8 Step LF Fwd (7), Step RF next to LF (&), Step LF Fwd (8)

Section B4 : Pivot 1/2L, Pivot 1/4L, Rock Fwd/Recover with Body Roll (X2)

1234 Step RF Fwd (1), Pivot 1/2L, Shifting weight to LF (2), Step RF Fwd (3), Pivot 1/4L, Shifting weight to LF (4) (6.00)

5678 Rock RF Fwd, Start Body Roll (5), Recover on LF, Finish Body Roll (6), Repeat 5-6 (7,8)

TAG1 8C : Jazz Box (X2)

TAG2 4C : Jazz Box

Happy Dancing

Best Regards,

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