

Long Slow Beautiful Dance

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Setsuko Motoki (JP)
音乐: Long Slow Beautiful Dance - Rascal Flatts



STEP, ROCK, RECOVER, TWICE, PIVOT ½ TURN LEFT, RIGHT COASTER

1-2& Step diagonally forward on right foot, rock left foot behind right, recover to right foot
3-4& Step diagonally forward on left foot, rock right foot behind left, recover to left foot
5-6 Step forward on right foot with ½ turn left, step back on left foot
7&8 Step back on right foot, step left foot beside right, step forward on right foot

STEP, ROCK, RECOVER, TWICE, PIVOT ½ TURN RIGHT, LEFT COASTER

1-2& Step diagonally forward on left foot, rock right foot behind left, recover to left foot
3-4& Step diagonally forward on right foot, rock left foot behind right, recover to right foot
5-6 Step forward on left foot with ½ turn right, step back on right foot
7&8 Step back on left foot, step right foot beside left, step forward on left foot

WEAVE RIGHT, ROCK, RECOVER, TRIPLE ¾ TURN LEFT

1-2& Step right foot to right side, step left foot behind right, step right foot to right side
3&4 Step left foot across right step right to right side, step left foot behind right
5-6 Rock forward on right foot, recover to left foot with ¼ turn left
7&8 Triple ½ turn left stepping right-left-right

SHUFFLE FORWARD, SHUFFLE RIGHT, ROCK, RECOVER, SHUFFLE LEFT

1&2 Step forward on left foot, step right foot beside left, step forward on left foot
3&4 Step right foot to right side, step left foot beside right, step right foot to right side
5-6 Rock left foot across right, recover to right foot
7&8 Step left foot to left side, step right foot beside left, step left foot to left side

REPEAT
