

Mom's Turn

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Sarah DeLisle (USA)
音乐: No More Protecting My Heart - Jamie O'Neal



ROCK FORWARD, REPLACE, LOCKING TRIPLE BACK RIGHT-LEFT-RIGHT

1-2 Rock forward onto right foot, replace weight to left foot
3&4 Crossing left over right, triple step back right-left-right

ROCK TO LEFT SIDE, REPLACE, SYNCOPATED WEAVE TO RIGHT

5-6 Rock to left on left foot, replace weight to right foot
7&8 Cross left foot behind right foot, step right foot to right, cross left foot over right (weight on left)

ROCK TO RIGHT SIDE, REPLACE, CROSS, SIDE, FRONT

9-10 Rock to right on right foot, replace weight to left foot
11&12 Cross right foot behind left foot, step left foot to left, step right foot forward

¾ PIVOT TO RIGHT, STEP TO LEFT, STEP RIGHT NEXT TO LEFT

13-14 Step forward on left foot, turn ¾ to right (weight on right foot - facing 9:00))
15-16 Step left foot to left, step right foot next to left (weight on right foot)

ATTITUDE WALK FORWARD (USE YOUR HIPS!)

17-18 Touch ball of left foot forward, step down on left foot (moving forward slightly)
19-20 Touch ball of right foot forward, step down on right foot (moving forward slightly)
21-22 Touch ball of left foot forward, step down on left foot (moving forward slightly)
23-24 Touch ball of right foot forward, step down on right foot (moving forward slightly)

ROCK FORWARD, REPLACE, ROCK BACK, REPLACE

25-26 Rock forward onto left foot, replace weight to right foot
27-28 Rock back onto left foot, replace weight to right foot

ROCK FORWARD, TRIPLE STEP LEFT-RIGHT-LEFT TURNING ½ TO LEFT

29-30 Rock forward onto left foot, replace weight to right foot
31&32 Triple step left-right-left turning ½ to left (facing 3:00)

REPEAT

TAG

When dancing to Live Close By, Visit Often, in order to stay with the phrasing of the music you will execute 3 patterns. On the 4th pattern you will do the first 15 counts as choreographed & on count 16 touch your right toe next to you left foot. You will then start the dance from the beginning.