

# Sacred Trust

**COPPER** **NOB**  
STEPSHEETS

拍数: 64                      墙数: 2                      级数: Intermediate  
编舞者: Joan McKerron (UK)  
音乐: Sacred Trust - One True Voice



## CHARLESTON STEP AND FULL MONTEREY

1-4                      Point right toe forward, step back right, point left toe back, step forward left  
5-8                      Point right toe to the side, spin full turn on ball of left foot, step on the right foot, touch left toe out to the left and bring back beside right taking the weight

## RIGHT ROCK FORWARD, RECOVER LEFT, FULL TRIPLE TURN RIGHT, ROCK LEFT FORWARD, RECOVER RIGHT, FULL TRIPLE TURN LEFT

9-10                      Rock forward right, recover left  
11&12                      Make full turn over right shoulder on triple step, right, left, right  
13-14                      Rock forward left, recover right  
15&16                      Make full turn over left shoulder on triple step, left, right, left

## RIGHT ROCK FORWARD, RECOVER LEFT, BACK LOCK STEP, ROCK BACK LEFT, RECOVER RIGHT, FORWARD SHUFFLE

17-18                      Rock forward right, recover left  
19&20                      Step back right, lock step left in front of right, step back right  
21-22                      Rock back left, recover right  
23&24                      Forward shuffle left, right, left

## RIGHT SIDE SHUFFLE, ROCK BACK LEFT, RECOVER RIGHT, LEFT SIDE SHUFFLE, ROCK BACK RIGHT, RECOVER LEFT

25&26                      Right side shuffle  
27-28                      Rock back left, recover right  
29&30                      Left side shuffle  
31-32                      Rock back right, recover left

## POINT RIGHT, CROSS OVER LEFT, POINT LEFT, CROSS OVER RIGHT, POINT RIGHT, CROSS OVER LEFT MAKING HALF TURN OVER LEFT SHOULDER, HEELS UP AND DOWN

33-36                      Point right toe to right side, cross over left, point left toe left side, cross over right  
37-40                      Point right toe to right side, cross over left turning ½ turn left bouncing heels twice

## JUMP OUT, JUMP IN, BOUNCE HEELS

41-42                      Out right, out left, in right, in left  
43-44                      Bounce heels twice

## SKATE RIGHT, LEFT, RIGHT SKATE SHUFFLE, SKATE LEFT, RIGHT, LEFT SKATE SHUFFLE

45-46                      Skate right, skate left moving slightly forward  
47&48                      Skate shuffle right, left, right on the right diagonal  
49-50                      Skate left, skate right  
50&52                      Skate shuffle left, right, left on the left diagonal

## STEP BACK TOUCH, FORWARD TOUCH, KICK AND STEP, KICK AND STEP

53&54                      Kick right forward, step back right and bring left toe to right instep  
55-56                      Step left forward and touch right toe to left instep  
57&58                      Kick right forward, step right to right and bring left foot beside right  
59&60                      Kick right forward, step right to right and bring left foot beside right

## **HIP SWAYS AND TOUCH**

61-64          Sway hips left, right, left and touch right foot beside left

**REPEAT**

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