

Seal Our Fate

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Seal Our Fate - Gloria Estefan



ROCK SIDE, RECOVER, CROSS; ROCK SIDE, RECOVER, CROSS, WALK FORWARD RIGHT, LEFT, ½ TURN LEFT TRIPLE BACK

- 1&2 Rock to right side, recover on left, cross right over left (slightly traveling forward as you cross right over left)
3&4 Rock to left side, recover on right, cross left over right (slightly traveling forward as you cross left over right)
5-6 Walk forward as step forward right, left
7&8 Make a ½ turn left as you triple step traveling back right, left, right

¼ TURN LEFT WITH HIP BUMPS, ½ TURN LEFT WITH HIP BUMP

- 1-2 Make a sharp ¼ turn left as you step left to left side (for styling, turn head to left to look forward) and bump hips left, right
3&4 With weight still on left, continue to bump hits left, right, left
5-6 Make a ½ turn left as you step right to right side (you will still be looking in the same direction off your right shoulder) as you bump hips right. Left
7&8 With weight still on right, bump hips right, left, right

ROCK BACK, RECOVER, SHUFFLE FORWARD; FULL TURN TRAVELING FORWARD, STEP LOCK FORWARD

- 1-2 Rock back on left with ¼ turn left, recover forward on right
3&4 Shuffle forward left, right, left
5-6 Turn ½ turn left as you step back on your right, turn ½ turn left as you step forward on your left (you will have made a full turn progressing forward)
7&8 Step lock forward right, left, right

ROCK FORWARD, RECOVER, BACK COASTER STEP; STEP FORWARD, ½ TURN LEFT, STEP SIDE AND SLIDE

- 1-2 Rock forward on left, recover back on right
3&4 Step back on left, step right next to left, step forward on left (back coaster step)
5-8 Step right forward, make a ½ turn left (bringing weight to left), take a long step to right side on right, slide left next to right, touch left next to right (weight remains on right)

STEP SIDE, HOLD, AND STEP SIDE, HOLD; ½ TURN MONTEREY, SIDE, TOGETHER, CROSS

- 1-2 Step left to left side, hold
&3-4 Step right next to left for the & count, step left to left side, hold
5-6 Make a ½ turn right Monterey turn by pointing right to right side and turning ½ turn right (weight ending on right)
7&8 Rock left to left side, step right next to left, cross left over right (weight ending on left)

STEP SIDE, HOLD, AND STEP SIDE, HOLD; ½ TURN MONTEREY, SIDE, TOGETHER, CROSS

- 1-2 Step right to right side, hold
&3-4 Step left next to right for the & count, step right to right side, hold
5-6 Make a ½ turn left Monterey turn by pointing left to left side and turning ½ turn left (weight ending on left)
7&8 Rock right to right side, step left next to right, cross right over left (weight ending on right)

¼ TURN RIGHT, HOLD; ½ TURN LEFT, HOLD; STEP FORWARD ¼ TURN RIGHT, ½ TURN RIGHT WITH A KICK, BACK COASTER STEP

- 1-2 Turn $\frac{1}{4}$ turn right as you step left to left side: although your body will be facing towards the $\frac{1}{4}$ turn right, your left foot will be pointed forward off of your left shoulder and you will be looking forward towards the direction of your left shoulder, holding on count 2 (weight on left)
- 3-4 Turn $\frac{1}{2}$ turn left as you step right to right side: although your body will be facing towards the $\frac{1}{2}$ turn left, your right foot will be pointed forward off of your right shoulder and you will be looking forward towards the direction of your right shoulder, holding on count 4 (weight on right)
- 5-6 Turn $\frac{1}{4}$ turn right as you step forward on left, turn $\frac{1}{2}$ turn right on the ball of the left as you kick right foot forward
- 7&8 Step back on right, step left next to right, step forward on right (back coaster step)

STEP FORWARD, $\frac{1}{2}$ TURN RIGHT WITH A KICK, BACK COASTER STEP; STEP FORWARD, $\frac{1}{4}$ TURN RIGHT, STEP SIDE, LOOK RIGHT, FORWARD

- 1-2 Step left forward, turn $\frac{1}{2}$ turn right on the ball of the left as you kick right forward
- 3&4 Step back on right, step left next to right, step forward on right (back coaster step)
- 5-7 Step forward on left, turn $\frac{1}{4}$ turn right on right, step left to left side (weight is on left)
- &8 Turn head to look to right side and then forward as hands are on thighs, feet apart (in place of the looks to the right side and forward, you can also use variations such as moving the shoulders to the right side and then center but be sure to have weight on the left so you can start the dance over by rocking to the right side)

REPEAT
