

"Seal"Ed With A Kiss

COPPER KNOB
STEP SHEETS

拍数: 48 墙数: 4 级数:
编舞者: Dan Testa (USA)
音乐: Kiss from a Rose - Seal : (Album Version)



The music is 3/4 with a waltz beat. Start dancing after 24 counts (24 counts before the lead vocal part comes in). Dance through all the breaks. The dance will feel off-phrase at times during walls 2-5. Don't panic

SYNCOPATED ROCKING CHAIR, TURNING JAZZ BOX, ROCK STEP

1-3 Rock forward left, hold, recover right in place
4-6 Rock backward left, hold, recover right in place
7-9 Step left to side, cross right over left, step left to side turning ¼ right
10-12 Rock back right, hold, recover left in place

THREE STEP TURN, ½ STEP PIVOT, THREE STEP TURN, ½ STEP PIVOT

13-15 Walk forward right, left, right turning full turn toward right shoulder

Pointing your right foot to the right on the first step will help you with this turn

16-18 STEP FORWARD LEFT, TURN ½ RIGHT ON BALLS OF BOTH FEET, LOWER RIGHT FOOT

This is just a step pivot turn in three counts - more of these are in the dance

19-21 Walk forward left, right, left turning full turn toward left shoulder

Pointing your left foot to the left on the first step will help you with this turn

22-24 Step forward right, turn ½ left on balls of both feet, lower left foot

¼ STEP PIVOT, ROCK STEP, WEAVE, ROCK STEP

25-27 Step forward right, turn ¼ left on balls of both feet, lower left foot
28-30 Rock right crossing over left, hold, recover left in place
31-33 Step right to side, step left across right, step right to side
34-36 Rock left crossing behind right, hold, recover right in place

FOUR HESITATION STEPS WITH STYLING AND A QUARTER TURN

37-39 Step left to side, slide right next to left, lift right foot
40-42 Step right to side, slide left next to right, lift left foot
43-45 Step forward left, slide right up to left while turning ¼ right, lift right foot
46-48 Step right to side, slide left foot next to right, lift left foot

REPEAT