

Secret Recipe

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Deb Crew (CAN)
音乐: Take That - Lisa Brokop



SHUFFLE FORWARD, ROCK-STEP

1 Step forward with right foot
& Step left foot next to right foot
2 Step forward with right foot
3 Step forward with left foot
4 Rock back onto right foot

STEP BACK, KICK, SHUFFLE BACK

5 Step back with left foot
6 Kick right foot forward
7 Step back with right foot
& Step left foot next to right foot
8 Step back with right foot

ROCK-STEP, SHUFFLE FORWARD

9 Step back with left foot
10 Rock forward onto right foot
11 Step forward with left foot
& Step right foot next to left foot
12 Step forward with left foot

STEP, SCUFF, SHUFFLE FORWARD

13 Step forward with right foot
14 Scuff left heel forward
15 Step forward with left foot
& Step right foot next to left foot
16 Step forward with left foot

STEP, ½ TURN, SIDE SHUFFLE

17 Step forward with right toe/ball
18 Pivot ½ turn left on ball of left foot
19 Step to right side with right foot
& Step left foot next to right foot
20 Step to right side with right foot

CROSS-ROCK, KICK-BALL-CROSS

21 Step across behind right leg with left foot
22 Rock forward onto right foot
23 Kick left foot forward
& Step ball of left foot next to right foot
24 Step across in front of left leg with right foot

KICK-BALL-CROSS, SIDE SHUFFLE

25 Kick left foot forward
& Step ball of left foot next to right foot
26 Step across in front of left leg with right foot

27 Step to left side with left foot
& Step right foot next to left foot
28 Step to left side with left foot

CROSS-ROCK, KICK-BALL-CROSS/TURN

29 Step across behind left leg with right foot
30 Rock forward onto left foot
31 Kick right foot forward
& Step ball of right foot next to left foot
32 Crossing in front of right leg, step $\frac{1}{4}$ turn right with left foot

REPEAT

FINISHING TOUCH: Towards the end of the song the music slows down. Complete the dance but do not make the $\frac{1}{4}$ turn on count 32. The weight will be on your left foot. Hold this position for several beats of music. On the 4th beat of the faster music, do the following steps to end the dance.

EIGHT SHUFFLE IN PLACE: (CLOGGING)

1&2& Shuffle in place: right-left-right- scuff left heel forward
3&4& Shuffle $\frac{1}{4}$ turn left: left-right-left-scuff right heel forward
5&6& Shuffle in place: right-left-right- scuff left heel forward
7&8& Shuffle $\frac{1}{4}$ turn left: left-right-left-scuff right heel forward

1&2& Shuffle in place: right-left-right- scuff left heel forward
3&4& Shuffle $\frac{1}{4}$ turn left: left-right-left-scuff right heel forward
5&6& Shuffle in place: right-left-right- scuff left heel forward
7&8& Shuffle $\frac{1}{4}$ turn left: left-right-left-scuff right heel forward
