

# She's 24-7

**COPPER KNOB**  
STEPPERS

拍数: 64      墙数: 4  
编舞者: Dottie Cadden (USA)  
音乐: 24-7-365 - Neal McCoy

级数: Intermediate east coast swing



## ROCK, RECOVER, FULL TURN, SHUFFLE, STEP, PIVOT

1-2      Rock forward on right, recover on left  
3&4      Full turn right triple right, left, right  
5&6      Shuffle forward left, right, left  
7-8      Step forward on right, ½ pivot left taking weight on left

## CROSS, STEP, COASTER, STEP, PIVOT, KICK BALL TOUCH

1-2      Cross right over left, step left next to right  
3&4      Right coaster step  
5-6      Step forward on left, pivot ¼ right taking weight on right  
7&8      Left kick, ball, touch

## KICK AND STEP, TWIST, KICK AND STEP, TWIST

1&2      Kick right foot forward, step right under body, step left foot slightly forward  
3      Twist body ¼ turn right on balls of both feet, as arms open to left shape  
4      Twist body ¼ turn left on ball of both feet, return arms to normal hold  
5&6      Kick right foot forward, step right under body, step left foot slightly forward  
7      Twist body ¼ turn right on balls of both feet, as arms open to left shape  
8      Twist body ¼ turn left on ball of both feet, return arms to normal hold

## SYNCOPATED CROSS, SHUFFLES

1&2      Cross right over left, step left slightly back, touch right heel forward  
&3&      Step right foot back under body, touch left heel forward, step left under body  
4      Touch right toe next to left  
5&6      Shuffle forward right, left, right  
7&8      Shuffle forward left, right, left

## STEP ¼ TURN LEFT, CROSS SHUFFLE, ¼ TURN LEFT ROCK, RECOVER, COASTER STEP

1-2      Step forward on right, ¼ turn left  
3&4      Shuffle across left with right, left, right  
5-6      Turn ¼ turn left with left rocking weight onto it, recover weight to right  
7&8      Left coaster step

## SHUFFLE, PIVOT, SHUFFLE, PIVOT

1&2      Shuffle forward right, left, right  
3-4      Step forward with left, pivot ½ turn right taking weight on right  
5&6      Shuffle forward left, right, left  
7-8      Step forward with right, pivot ½ turn left taking weight on left

## KICK AND STEP, TWIST, KICK AND STEP, TWIST

1&2      Kick right foot forward, step right under body, step left foot slightly forward  
3      Twist body ¼ turn right on balls of both feet, as arms open to left shape  
4      Twist body ¼ turn left on ball of both feet, return arms to normal hold  
5&6      Kick right foot forward, step right under body, step left foot slightly forward  
7      Twist body ¼ turn right on balls of both feet, as arms open to left shape  
8      Twist body ¼ turn left on ball of both feet, return arms to normal hold

## **SYNCOPATED CROSS, SHUFFLES**

- 1&2            Cross right over left, step left slightly back, touch right heel forward
- &3&            Step right foot back under body, touch left heel forward, step left under body
- 4              Touch right toe next to left
- 5&6            Shuffle forward right, left, right
- 7&8            Shuffle forward left, right, left

**REPEAT**

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