

Sitting Down Here

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Lisa B. Martin
音乐: Sitting Down Here - Lene Marlin



STEP FORWARD TOUCH, BACK SHUFFLE, SIDE TOGETHER, SIDE SHUFFLE ¼

1-2 Step forward on left, touch right behind left
3&4 Step back on right, step left beside right, step back on right
5-6 Step left to left side, step right beside left
7&8 Step left to left side, step right beside left, make ¼ turn left with left foot

WALK, WALK, RUMBA BOX, WALKS BACK

1-2 Walk forward right, left
3&4 Step right to right side, step left beside right, step forward right
5&6 Step left to left side, step right beside left, step back left
7-8 Step back on right, left

GRAPEVINE TOUCH, GRAPEVINE ¼

1-2 Step right to right side, step left behind right
3-4 Step right to right side, touch left beside right
5-6 Step left to left side, step right behind left
7-8 Step left foot ¼ turn left, step right beside left

SHUFFLE FORWARD, ROCK RECOVER, BACK SHUFFLE, ROCK BACK RECOVER

1&2 Step forward left, step right beside left, step forward left
3-4 Rock forward on right, recover on left
5&6 Step back on right, step left beside right, step back right
7-8 Rock back on left, recover on right

CROSS STEP CROSS SWEEP, CROSS STEP CROSS SWEEP

1-2 Cross left over right, step right to right side
3-4 Cross left over right, sweep right foot
5-6 Cross right over left, step left to left side
7-8 Cross right over left, sweep left

JAZZ BOX CROSS, SIDE SHUFFLE, BEHIND UNWIND ½

1-2 Cross left over right, step back on right
3-4 Step left to left side, cross right over left
5&6 Step left to left side, step right beside left, step left to left side
7-8 Step right behind left and unwind ½ turn right

SHUFFLE FORWARD, SHUFFLE FORWARD, WEAVE, POINT

1&2 Step forward on left, step right beside left, step forward left
3&4 Step forward on right, step left beside right, step forward right
5-6 Cross left foot over right, step right to right side
7-8 Step left foot behind right, point right to right side

CROSS POINT, CROSS POINT, & CROSS UNWIND ½

1-2 Cross right over left, point left to left side
3-4 Cross left over right, point right to right side
5-8 Cross right over left, unwind ½ turn left

REPEAT

RESTART

At the beginning of the 2nd wall only dance sections 1 to 6 so that when you unwind $\frac{1}{2}$ turn the weight is on the right foot in order for you to start from the beginning again
