

Soul Secret

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 0 级数:
编舞者: Linda Hegarty (UK)
音乐: God Must Have Spent (A Little More Time On You) (feat. Nsync) - Alabama



Sequence: AAAB AAAB BB

If using Emotion or Light my fire just dance part A

PART A

RIGHT CROSS LEFT SIDE RIGHT SAILOR STEP LEFT CROSS ROCK TOGETHER RIGHT CROSS ROCK TOGETHER

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

CROSS ROCK SIDE CHASSE RIGHT SAILOR BACK LEFT SAILOR BACK

- 9-10 Cross rock left over right, recover onto right
- 11&12 Step left to left side, step right beside left, step left to left side
- 13&14 Cross right behind left, step left beside right, step right diagonal forward
- 15&16 Cross left behind right, step right beside left, step left diagonal forward

CROSS ROCK 1 ¼ TRIPLE TURN ROCK ¼ TURN CROSS ¾ TURN

- 17-18 Cross rock right over left, recover onto left
- 19&20 Turn 1 ¼ turns right while stepping right left right
- 21-22 Rock left forward, recover onto right and turn ¼ left while stepping left to side
- 23-24 Cross step right over left, step left back ½ turn right, step right forward ¼ right

ROCK AND CROSS TURN SHUFFLE LEFT-RIGHT-LEFT ROCK AND CROSS TURN WALK RIGHT, LEFT

- 25&26 Rock left to left side, recover onto right, cross left over right
- 27&28 Step right back and ½ turn left while shuffling left right left
- 29&30 Rock right to right side, recover onto left, cross right over left
- 31&32 Step left back, ½ turn right while walking forward right, left

PART B

ROCK RIGHT AND CROSS HITCH TURN LEFT-RIGHT-LEFT AND HEEL BALL CROSS STEP SHUFFLE ½ TURN RIGHT

- 1&2 Rock right to right side, recover onto left, cross right over left
- 3&4 Hitch left leg up while turning ¾ left. Shuffle forward left-right-left
- 5&6 Step right to right side, step left heel up, step left down, cross right over left
- 7&8 Step left back, turn ½ turn right while shuffling forward right-left-right

ROCK ¼ TURN CROSS ¾ TURN ROCK ½ TURN STEP ½ TURN

- 9-10 Rock left forward, recover onto right and turn ¼ left while stepping left to left
- 11&12 Cross step right over left, step left back ½ turn right, step right forward ¼ right
- 13-14 Rock forward left, recover onto right step left forward ½ turn left
- 15-16 Step right forward, pivot ½ turn left