

Spellbound

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: William Sevone (UK)
音乐: Help Me - The Spellbinders



2X SLOW SAILOR STEP, STEP BEHIND, ¼ RIGHT STEP FORWARD, (3:00)

- 1-2 Cross step left foot behind right, step right foot next to left
- 3 Step left foot to left side
- 4-5 Cross step right foot behind left, step left foot next to right
- 6 Step right foot to right side
- 7-8 Cross step left foot behind right, turn ¼ right & step forward onto right foot

FORWARD SHUFFLE, PUSH STEP, STEP, BACKWARD SHUFFLE, ¼ LEFT SIDE STEP, ¼ LEFT STEP FORWARD, (9:00)

- 9&10 Step forward onto left foot, close right foot next to left, step forward onto left foot
- 11-12 Push step forward onto right foot, step onto left foot
- 13&14 Step backward onto right foot, close right foot next to left, step backward onto right foot
- 15-16 Turn ¼ left & step left foot to left side, turn ¼ left & step forward onto right foot

FORWARD SHUFFLE, PUSH STEP, STEP, BACKWARD SHUFFLE, ¼ LEFT SIDE STEP, ¼ LEFT STEP FORWARD, (12:00)

- 17&18 Step forward onto left foot, close right foot next to left, step forward onto left foot
- 19-20 Push step forward onto right foot, step onto left foot
- 21&22 Step backward onto right foot, close right foot next to left, step backward onto right foot
- 23-24 Step backward onto left foot, turn ¼ right & step right foot to right side

3X FORWARD DIAGONAL CROSS STEP-TOUCH (POINT), DIAGONAL CROSS STEP, UNWIND ½ LEFT (6:00)

- 25-26 (Diagonal right) cross step left foot over right, touch (or point) right toe to right side
- 27-28 (Diagonal left) cross step right foot over left, touch (or point) left toe to left side
- 29-30 (Diagonal right) cross step left foot over right, touch (or point) right toe to right side
- 31-32 (Diagonal left) cross step right foot over left, unwind ½ left (weight on right foot)

REPEAT
