

Spirit Of The Dance

COPPER **NOB**
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Angie Sloane (UK)
音乐: The Spirit of the Hawk - Rednex



STOMP, STOMP, OUT, IN, OUT, IN

1-2 Stomp right foot forward, stomp left foot forward
&3&4 Swivel heels out, in, out, in
5-6 Stomp right foot forward, stomp left foot forward
&7&8 Swivel heels out, in, out, in

ROCK, COASTER STEP, ROCK, ½ TURN SHUFFLE

1-2 Rock right foot forward, rock back onto left foot
3&4 Coaster step back on right foot
5-6 Rock left foot forward, rock back onto right foot
7&8 Shuffle ½ turn left stepping left, right, left

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR STEP

1-2 Cross right foot over left foot, step left foot to the left side
3&4 Left sailor step
5-6 Cross left foot over right foot, step right foot to the right side
7&8 Right sailor step

JAZZ BOX ¼ TURN LEFT

1-2 Cross right foot over left foot, step left foot back
3-4 Pivot ¼ turn left stepping right foot back, step left foot forward

KICK & POINT, KICK & POINT

1& Kick right foot forward, step right foot beside left foot
2 Point left foot to the left side
3& Kick left foot forward, step left foot beside right foot
4 Point right foot to the right side

ROCK, ½ TURN SHUFFLE, ROCK, COASTER STEP

1-2 Rock right foot forward, rock back onto left foot
3&4 Shuffle ½ turn right stepping right, left, right
5-6 Rock left foot forward, rock back onto right foot
7&8 Coaster step back on left foot

VAUDEVILLES

1-2 Step right foot to the right side, cross left foot behind right foot
&3 Step right foot back, touch left heel forward
&4 Step left foot beside right foot, cross right foot over left foot
5-6 Step left foot to the left side, cross right foot behind left foot
&7 Step left foot back, touch right heel forward
&8 Step right foot beside left foot, cross left foot over right foot

REPEAT
