

Steppin' Again

COPPER KNOB
STEPPING SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lana Harvey Wilson (USA)
音乐: One Foot In Front of the Other - Lee Roy Parnell



FORWARD, HOLD, FORWARD, HOLD, BACK COASTER, SCUFF

1-2 Step left directly in front of right, hold
3-4 Step right directly in front of left, hold
5-6 Step back on left, step right next to left
7-8 Step forward on left, scuff right forward

FORWARD LOCK, SCUFF, SLOW ½ PIVOT

9-10 Step forward on right, step left forward and to outside of right
11-12 Step forward on right, scuff left forward
13-14 Step forward on left, hold
15-16 Pivot ½ right weight ending on right, hold

SIDE, HOLD, RECOVER, BEHIND, SIDE, FRONT CROSS, SIDE ROCK, ¼ TURN

17-18 Rock left to left, hold
19-20 Recover on right, step left behind right
21-22 Step right to right to right, cross step left over right
23-24 Step right to right, recover on left turning ¼ left

HEEL TOE STRUTS, STEP-CLOSE-STEP, ½ PIVOT/HOOK

25-26 Touch right heel forward, drop right toe taking weight
27-28 Touch left heel forward, drop left toe taking weight
29-30 Step forward on right, slide/step left next to right
31-32 Step forward on right, pivot ½ left hooking left foot over right leg

REPEAT

RESTART

On 5th pattern, starting on front wall, there is a 16 count instrumental pattern. Dance the first 16 count through slow ½ pivot and restart on back (6:00 wall) as the singing resumes
