

Steps To A Better Tomorrow

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Henry Costa (USA)
音乐: Stairway Of Quiet Everyday Life - Dragon Ash



FORWARD LEFT, FORWARD RIGHT, SWIVEL RIGHT, SWIVEL BACK, FORWARD RIGHT, FORWARD LEFT, SWIVEL LEFT, SWIVEL BACK

- 1-2 Step left forward, step right forward
3-4 Lift both heels swivel diagonally right on balls of feet, swivel back left to center facing forward (weight on left with heel down, heel up on right with toe touch)
5-6 Step right forward, step left forward
7-8 Lift both heels swivel diagonally left on balls of feet, swivel back right to center facing forward (weight on left with heel down, heel up on right with toe touch)

TOE TOUCH FORWARD, TOE TOUCH TO THE SIDE, RIGHT SAILOR SHUFFLE, TOE TOUCH FORWARD, TOE TOUCH TO THE SIDE, LEFT SAILOR SHUFFLE

- 1-2 Right toe touch forward, right toe touch to the side
3&4 Right cross-step behind left, left step side left, right step side right
5-6 Left toe touch forward, left toe touch to the side
7&8 Left cross-step behind right, right step side right, left step side left

RIGHT BACKWARD SHUFFLE, LEFT BACKWARD SHUFFLE, RIGHT BACKWARD SHUFFLE, LEFT BACKWARD SHUFFLE

- 1&2 Right step backward, left back close next to right, right step backward
3&4 Left step backward, right back close next to left, left step backward
5&6 Right step backward, left back close next to right, right step backward
7&8 Left step backward, right back close next to left, left step backward

RIGHT POINT TO SIDE, RIGHT STEP IN, LEFT POINT TO SIDE, LEFT STEP IN, RIGHT CROSS OVER, ROCK RECOVER, ½ TRIPLE STEP TO RIGHT WITH HEEL RAISE

- 1-2 Right point to right side, right step in (weight on right) heel lifts on left
3-4 Left point to left side, left step in (weight on left) heel lifts on right
5-6 Right cross rock over left, left rock back in place (recover weight to left)
7&8 Execute ½ turn right crossing left behind right starting triple step turn (weight on ball of foot, heel raised), left step with turn (weight on ball of foot, heel raised, starting to turn right), right step next to left (½ triple step completed, drop down heel of right so weight is throughout right)

REPEAT

Last Update - 30 Mar. 2022