

Stitched Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate west coast swing
编舞者: Donna Shea (USA)
音乐: Stitched Up (feat. John Mayer) - Herbie Hancock



PRESS, KICK, STEP-LOCK-STEP, ½ TURN SHUFFLE, ½ TURN ½ TURN

1-2 Press right toe forward, kick right foot forward
3&4 Step back right, cross left over right, step back right
5&6 Turn ½ turn to the left stepping left, right, left
7-8 Turn ½ turn to left stepping back right, turn ½ turn to left stepping forward left

ROCK STEP, STEP-LOCK-STEP, STEP-LOCK-STEP-LOCK-STEP-LOCK-STEP

1-2 Rock forward on right foot, recover back to left foot
3&4 Step back right, cross left over right, step back right
5&6& Step back left, step right over left, step back left, step right over left
7&8 Step back left, step right over left, step back left

¼ TURN RIGHT, ¼ TURN RIGHT, ½ TURN SHUFFLE, ROCK STEP, 1 ¼ SHUFFLE TO THE LEFT

1-2 Step right foot ¼ turn to the right, step left foot ¼ turn to the right
3&4 Pivot ½ turn to the right on left foot and shuffle sideways right-left-right
5-6 Step left foot across right, recover onto to right foot
7&8 Turn 1 ¼ turns to the left while shuffling left-right-left

For those who don't spin, shuffle left with a ¼ turn left on count 8

TOE HEEL, ½ TURN TOE HEEL, ½ TURN TOE HEEL, ROCK STEP

1-2 Point right toe forward, take weight onto right foot
3-4 Turn ½ turn to the right touching left toe behind, take weight onto left foot
5-6 Turn ½ turn to the right touching right toe forward, take weight onto right foot
7-8 Rock forward onto left foot, recover back onto right foot
& Change weight to left and start again!

REPEAT

RESTART

On wall 7, restart after count 8