

The Storm Is Over

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 0 级数:
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音乐: The Storm Is Over Now - R. Kelly



Sequence: AB, AB, A (Counts 1-24), BBBB

PART A

SWAY RIGHT, LEFT, SIDE SHUFFLE, CROSS BALL PRESS, RECOVER, ¼ TURN LEFT, STEP ¼ TURN LEFT, CROSS

1-2 Sway to right, sway to left
3&4 Shuffle to right side right, left, right
5&6 Cross left over right with a left ball press, recover on right, turn ¼ left on left
7&8 Step forward on right, turn ¼ left shifting weight to left, cross right over left (weight on right)

SWAY LEFT, RIGHT, SIDE SHUFFLE, CROSS BALL PRESS, RECOVER, ¼ TURN RIGHT, STEP ¼ TURN RIGHT, CROSS

1-2 Sway to left, sway to right
3&4 Shuffle to left side left, right, left
5&6 Cross right over left with a right ball press, recover on left, turn ¼ right on right
7&8 Step forward on left, turn ¼ right shifting weight to right, cross left over right (weight on left)

SWAY RIGHT, ¼ TURN LEFT, ½ TURN LEFT SHUFFLE, ROCK BACK, RECOVER, ¾ TURN RIGHT, CROSS

1-2 Sway right, step left into ¼ turn left
3&4 Shuffle right, left, right into a ½ turn left
5-6 Rock back on left, recover on right
7&8 Turn ¼ turn right stepping left to left side, turn ½ turn to right stepping right to right side, cross left over right (you will have completed a ¾ turn right)

SWAY RIGHT, RECOVER, ½ RIGHT SAILOR STEP, ROCK FORWARD, RECOVER, BACK STEP LOCK

1-2 Sway right, recover on left
3&4 Make a ½ turn right sailor step (right, left, right)
5-6 Rock forward on left, recover on right
7&8 Step back on left, cross right over left, step back on left (back step lock at a slight angle)

ROCK BACK, RECOVER, FULL TURN FORWARD, STEP LOCK FORWARD, STEP FORWARD, ½ TURN LEFT, STEP RIGHT FORWARD

1-2 Rock back on right, recover on left
3&4 Turn ½ left stepping back on right, turn ¼ turn left stepping left to left side, turn ¼ turn left stepping forward right
5&6 Step lock forward left, right, left
7&8 Step forward on right, pivot and turn ½ turn left, step forward on right (weight is on right)

SIDE ROCK LEFT, RECOVER, CROSS, SIDE ROCK RIGHT, RECOVER, CROSS, ROCK FORWARD, RECOVER, BACK STEP LOCK

1&2 Rock to left side, recover on right, cross left over right
3&4 Rock to right side, recover on left, cross right over left
5-6 Rock forward on left, recover on right
7&8 Step back on left, cross right over left, step back on left (back step lock at a slight angle)

ROCK BACK, RECOVER, ½ TURN LEFT

- 1-2 Rock back on right, recover on left
3-4 Step forward on right, pivot and turn $\frac{1}{2}$ turn left (weight ends on left)

PART B

STEP RIGHT TO RIGHT SIDE, DRAG LEFT BEHIND RIGHT, RECOVER RIGHT, STEP LEFT TO LEFT SIDE, DRAG RIGHT BEHIND LEFT, RECOVER LEFT, STEP RIGHT TO RIGHT SIDE, DRAG LEFT BEHIND RIGHT, RECOVER ON RIGHT, $\frac{1}{4}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT

- 1-2& Take a long step to right on right, drag left towards right and step down on left behind right, recover on right
3-4& Take a long step to left on left, drag right towards left and step down on right behind left, recover on left
5-6& Take a long step to right on right, drag left towards right and step down on left behind right, recover on right
7-8 Step left into a $\frac{1}{4}$ left, turn $\frac{1}{4}$ left stepping right to right side (weight is on right)

CROSS POINT LEFT OVER RIGHT, POINT LEFT TO LEFT SIDE, STEP LOCK FORWARD, $\frac{1}{2}$ TURN LEFT, FULL RIGHT TURN FORWARD

- 1-2 Cross point left over right, point left to left side
3&4 Step lock forward left, right, left
5&6 Step forward on right, pivot and turn $\frac{1}{2}$ turn left, step forward on right
7&8 Make a full full turn turn right as you travel forward left, right, left

CROSS POINT RIGHT OVER LEFT, POINT RIGHT TO RIGHT SIDE, STEP LOCK FORWARD, $\frac{1}{2}$ TURN RIGHT, FULL LEFT TURN FORWARD

- 1-2 Cross point right over left, point right to right side
3&4 Step lock forward right, left, right
5&6 Step forward on left, pivot and turn $\frac{1}{2}$ turn right, step forward on left
7&8 Make a full turn left as you travel forward right, left, right

PADDLE TURNS RIGHT, PADDLE TURNS LEFT

- 1&2& Step forward on left, turn $\frac{1}{4}$ right (transfer weight to right), step forward on left, turn $\frac{1}{4}$ right (transfer weight to right)
3&4 Step forward on left, turn $\frac{1}{2}$ right (transfer weight to right), step left next to right (transfer weight to left)
5&6& Step forward on right, turn $\frac{1}{4}$ left (transfer weight to left), step forward on right, turn $\frac{1}{4}$ left (transfer weight to left)
7&8 Step forward on right, turn $\frac{1}{2}$ left (transfer weight to left), touch right next to left (weight remains on left)

OPTIONAL ENDING TO ROUTINE

You will be dancing Part B at the front wall; dance counts 1-8 and end with the following: turn $\frac{1}{2}$ turn to left stepping left to left side as you bring arms out to sides.
