

Triple-Digit Dancin

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Janet Wilson (USA)
音乐: If This Is Love - Deana Carter



5-COUNT LEFT LUNGE, 3-COUNT JAZZ BOX:

1 Left take long step to left (taking weight) with right toe staying in place
2-5 Right slowly slide toward left
6-8 Right cross in front of left; left step back; right step to right

LEFT SHUFFLE FORWARD, ROCK STEP, SPIN ½ TO THE RIGHT, RIGHT SHUFFLE FORWARD, ROCK STEP:

9&10 Left shuffle forward (left-right-left)
11-12 Right rock forward; recover onto left. (prep for ½ turn to the right)
& (&) On left sole spot turn ½ to the right
13&14 Right shuffle forward (right-left-right)
15-16 Rock forward on right; recover onto left

3 SIDE TOE-TAP/CROSS BEHIND STEPS, RIGHT TAP, LEFT SLAP LEATHER:

17-18 Left toe-tap to the left; left step behind right
19-20 Right toe-tap to the right; right step behind left
21-22 Left toe-tap to the left; left step behind right
23-24 Right toe-tap to the right; on left sole pivot ¼ right

RIGHT SHUFFLE FORWARD, ROCK STEPS, LEFT SHUFFLE BACK, ROCK STEPS:

25&26 Right shuffle forward (right-left-right)
27-28 Rock forward onto left; recover onto right
29&30 Left shuffle back (left-right-left)
31-32 Rock back onto right; recover onto left

KICK/STEP, KICK/STEP, WALK FORWARD (RIGHT LEFT RIGHT LEFT) *:

33-34 Right kick toward left diagonal. Right step near left
35-36 Left kick toward right diagonal. Left step near right
37-40 Walk forward: right, left, right, left*

Option: Add twisting motion to your walk

3 SIDE TOE-TAP/CROSS-IN FRONT STEPS. LEFT BACK, RIGHT TO RIGHT:

41-42 Right toe-tap to the right; right cross in front of left
43-44 Left toe-tap to the left; left cross in front of right
45-46 Right toe-tap to the right; right cross in front of left
47-48 Left step back; right step to the right

LEFT AND RIGHT SUGARFOOT/CROSS STEPS, STEP BACK, THEN RIGHT:

49-51 Left toe-tap inward slightly forward; left heel-touch outward where toe-tapped; left step in front of right
52-54 Mirror steps 49-51 starting with right
55-56 Left step back; right step to the right

LEFT (THEN RIGHT) CROSS/ROCK/RECOVER/SHUFFLE SEQUENCES:

57-58 Left rock step crossing in front of right; recover onto right
59&60 Left shuffle toward left: left-right-left
61&62 Right rock step crossing in front of left; recover onto left

63&64

Right shuffle toward right: right-left-right

REPEAT

When dancing to "If This Is Love", note that the 3rd time the music breaks for the lunge step (the start of the 6th repetition or the 2nd time she sings: "I was already...already gone!"there are 2 extra beats of music. To compensate, add 2 counts to the 5-count left lunge/slide, making it 7 counts.:

- 1 Left long lunge to the left (taking weight) with right toe staying in place
 - 2-7 Right slowly slide toward left
 - 8-10 Right cross in front of left; left step back; right step to right
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