

A Whole Lotta Soul

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: The Boarderliners (UK) & Karen Hadley (UK)
音乐: We're Not Here for a Long Time - Huey Lewis & The News



OUT-OUT, HOLD & CLAP, KICK & POINT, CROSS, UNWIND ½ TURN RIGHT, COASTER STEP

&1-2 Step right to right side, step left to left side (shoulder width apart), clap on count 2
3&4 Kick right forward, step right next to left, point left to left side
5-6 Cross step left foot over right, unwind ½ right (weight on left)
7&8 Step back on right, step left next to right, step forward on right, (6:00)

SIDE, TOUCH, SIDE, TOUCH, CHASSE ¼ TURN LEFT, STEP, PIVOT ½ TURN LEFT

1-2 Step left to left side, touch right beside left, (gently sway arms to the left to shoulder height & click fingers on count 2)
3-4 Step right to right side, touch left beside right, (gently sway arms to the right to shoulder height & click fingers on count 4)
5&6 Step left to left side, step right beside left, step left ¼ turn left
7-8 Step forward right, pivot ½ turn left, (9:00)

KICK BALL-STEP, SIDE ROCK, 2 X SAILOR STEPS TRAVELING BACK

1&2 Kick right forward, step ball of right beside left, step forward on left
3-4 Rock right to right side, rock on left in place
5&6 Cross step right behind left, step left to left side slightly back, step right to right side slightly back
7&8 Cross step left behind right, step right to right side slightly back, step slightly forward on left, (9:00)

FORWARD ROCK, FULL TRIPLE TURN RIGHT (OR COASTER STEP), FORWARD ROCK, ¾ TRIPLE TURN LEFT

1-2 Rock forward on right, rock back on left
3&4 Full triple turn right on the spot, stepping: right, left, right
Easy alternative for steps 3 & 4: step back on right (3), step left beside right (&), step forward on right (4)
5-6 Rock forward on left, rock back on right
7&8 Triple ¾ turn left on the spot, stepping: left, right, left, (12:00)

SIDE ROCK, SAILOR CROSS, CHASSE LEFT, BACK ROCK

1-2 Rock right to right side, rock on left in place
3&4 Cross step right behind left, step left to left side, cross step right over left
5&6 Step left to left side, step right beside left, step left to left side
7-8 Cross rock right behind left, rock forward on left, (12:00)

¼ TURN LEFT, ¼ TURN LEFT, CROSS, POINT, & SIDE ROCK, TOUCH, KICK

1-2 Turning ¼ turn left step back on right, turning ¼ turn left step left to left side
3-4 Cross step right over left, touch left toe to left side
&5-6 Step left beside right, rock right to right side, rock on left in place
7-8 Touch right beside left, kick right forward, (6:00)

BACK ROCK, FORWARD SHUFFLE, FORWARD ROCK, COASTER CROSS

1-2 Rock back on right, rock forward on left
3&4 Step forward on right, step left beside right, step forward on right
5-6 Rock forward on left, rock back on right
7&8 Step back on left, step right beside left, cross step left over right, (6:00)

¼ TURN LEFT, ½ TURN LEFT, STEP, TOUCH, HIP BUMPS

- 1-2 Turning ¼ turn left step back on right, turning ½ turn left step forward on left
3-4 Step right diagonally forward right, touch left beside right, (optional clap on count 4)
5-6 Step left slightly to left and bump hips left, right
7&8 Bump hips left, right, left, (9:00)

REPEAT
