

You're My Sanctuary

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gary Parker (AUS) & Cheryl Parker (AUS)
音乐: Sanctuary - Jamie O'Neal



ROCK, ROCK, SHUFFLE, UNWIND, SYNCOPATED 45S

1-2-3&4 Rock forward on right, rock back on left, shuffle back right-left-right
5-6 Touch left toe back, unwind ½ turn left (weight on left)
7& Touch right heel at 45 degrees, step right beside left
8& Touch left heel at 45 degrees, step left beside right

¼ PIVOT, CROSS, SIDE SHUFFLE, ROCK, ROCK & STEP

1-3 Step forward on right, pivot ¼ turn left weight on left, cross right over left
4&5 Step left to left, step right together, step left to left side (side shuffle)
6-7&8 Rock back on right, rock forward on left, step right next to left, step forward on left

ROCK, ROCK, 1 ½ TURN TRIPLE STEP, ROCK, ROCK, SHUFFLE

1-2-3&4 Rock forward on right, rock back on left, turning 1 ½ turns right doing triple step right-left-right
5-6-7&8 Rock forward on left, rock back on right, shuffle back left-right-left

TOUCH, UNWIND, COASTER, ROCK, ROCK, CROSS SHUFFLE

1-2 Touch right toe back, unwind ½ turn right (weight on left)
3&4 Step back on right, step left together, step forward on right (coaster)
5-6-7& Rock left to left side, rock right to right side, cross left over right, step right to right
8 Step left over right (cross shuffle)

REPEAT

Count 19 & 20 optional ½ turn triple step. End dance facing front wall on count 15 & 16.
