

North South East To The Westside

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Ron Kline (USA)
音乐: Since Supernatural - Santana



Music: Give Me One Reason by Tracy Chapman; When You're Only Lonely by J. D. Souther

STEP FORWARD, ¼ TURN, CROSS STEP, TURN, STEP BACK, STEP SIDE, HOLD, SYNCOPATED STEPS SIDE, STEP TOGETHER

1-2 Step forward right keeping left toe in place, turn ¼ left stepping left heel down
3-4 Cross step right over left, turn ¼ right stepping back left
5-6 Step side right, hold
&7-8 Step left next to right, step side right, step left next to right

¼ TURN, STEP, HOLD, ROCK STEP, ½ TURN, STEP, HOLD, ROCK STEP

1-4 Turn ¼ right stepping forward right, hold, rock forward on left, recover weight right
5-8 Turn ½ left stepping forward left, hold, rock forward on right, recover weight left

¼ TURN, STEP, HOLD, ROCK STEP, STEP BACK, HOLD, ROCK STEP

1-4 Turn ¼ right stepping forward right, hold, rock forward diagonally left on left, recover weight right
5-8 Step back left, hold, rock back diagonally right on right, recover weight left

STEP FORWARD, HOLD, SYNCOPATED ROLL BACK, STEP BACK, STEP FORWARD, HOLD, QUICK LOCK STEP, STEP FORWARD, ¼ PIVOT, STEP SIDE

1-2 Step forward right, hold keeping left toe in place
&3-4 Quickly turn ½ left stepping on to left, pivot ½ left stepping back right, step back left
5-6 Step forward right slightly diagonally right, hold
&7-8 Quickly lock left behind and right of right, step forward right prepping toe right, pivot ¼ right stepping side left

CROSS BEHIND, HOLD, SYNCOPATED SIDE ROCK STEP, CROSS STEP, ¼ TURN, STEP, HOLD, SYNCOPATED ¾ ROLL, CROSS STEP

1-2 Cross step right behind left, hold
&3-4 Quickly rock side left, recover weight right, cross step left over right
5-6 Turn ¼ right stepping forward right, hold
&7-8 Quickly pivot ¼ right stepping side left, pivot ½ right stepping side right, cross step left over right

¼ TURN, STEP, HOLD, ROCK STEP, ½ TURN, STEP, HOLD, STEP, ½ PIVOT

1-4 Turn ¼ right stepping forward right, hold, rock forward on left, recover weight right
5-8 Turn ½ left stepping forward left, hold, step forward right, pivot ½ left shifting weight forward

REPEAT

After learning the dance, for styling incorporate Latin Hips on the "rock steps". On the "turn, steps" instead of stepping, point the toe forward, then step heel down shifting weight to that foot on the "hold".