

In These Shoes

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Intermediate/Advanced cha cha
编舞者: Sam Arvidson (USA)
音乐: In These Shoes (Special Crown Edit) - Bette Midler



Sequence: A, A(count 1-24), A(counts 1-56), A, A (count 1-33)

PART A

SIDE STEP, BACK BREAK STEP, LOCKED TRIPLE STEP TO FORWARD DIAGONAL, FULL TURN TO THE RIGHT, TRIPLE STEP WITH FULL TURN RIGHT

- 1 Left foot step to the left
- 2-3 Right foot break back, recover on left foot and turn 1/8 right
- 4&5 Step right foot forward (stepping toward 1:30), lock left foot behind right foot, step right foot forward (toward 1:30) and turn 1/2 right
- 6-7 Step left foot back (stepping toward 1:30) and turn 1/2 right, step right foot forward, and turn 1/2 right
- 8&1 Step left foot back and turn 1/2 right, step right foot forward, step left foot forward (toward 1:30)

SYNCOPATED BREAK FORWARD, RONDE, BACK-TOGETHER-SIDE, SYNCOPATED BREAK, FORWARD, BACK, FORWARD, STEP BACK

- 2&3 Break right foot forward, recover on left foot, rondé right foot from front to back
- 4&5 Step right foot behind left foot, step left foot next to right foot, step right foot to the right (toward 4:30)
- 6&7 Break left foot forward, recover on right foot, break left foot back
- 8&8&1 Recover on right foot, break left foot forward, recover on right foot, big step left foot back (7:30)

3/8 TURN LEFT, FORWARD, FULL TURN LEFT, 2 TURN 3/4 LEFT

- 2&3 Step right foot back and turn 3/8 turn left (facing 9:00), step left foot together, step right foot forward
- 4-5 Step left foot forward, step right foot together making a full turn left
- 6&7 Step left foot forward and turn 1/2 left, step right foot back (stepping toward 9:00) and turn 1/2 left, step left foot forward (toward 9:00) and turn 1/2 left
- 8&8 Step right foot back (toward 9:00) and turn 1/2 left, step left foot forward (toward 9:00) and turn 1/2 left
- &1 Step right foot back (toward 9:00) and turn 1/4 left, step left foot to the left (toward 9:00)

SIDE STEP, MAMBO RIGHT, LEFT, BACK BREAK STEP, TRIPLE FORWARD WITH FULL TURN LEFT

- 2&3 Right foot step together, step left foot in place, step right foot to the right
- 4&4 Step left foot together, step right foot in place, step left foot to the left
- 6-7 Break right foot back, recover on left foot and turn 1/2 left
- 8&1 Step right foot back and turn 1/2 left, step left foot forward, step right foot forward (facing and stepping toward 12:00)

FORWARD, 1/4 TURN LEFT, BACK, HITCH, BACK, 5/8 TURN LEFT, 1/4 TURN LEFT, FORWARD

- 2&3& Step left foot forward and turn 1/4 left, step right foot back, step left foot back (3:00), hitch right foot while scooting back on left foot
- 4&5 Step right foot back, step left foot back and turn 5/8 left, step right foot forward (4:30)
- 6&7 Step left foot forward and turn 1/4 left, small right foot side step, step left foot back (7:30)
- 8&1 Step right foot back and turn 1/8 turn left, small side left foot step, step right foot forward (12:00)

SYNCOPATED BREAKS, STRUTS BACK

- 2&a3 Left foot break forward, recover on right foot, step left foot together, right foot break forward
- &a4 Recover on left foot, step right foot together, left foot break forward
- &a5 Recover on right foot, step left foot together, touch right foot forward
- 6-7 Place right foot back (don't put weight), put weight on right foot
- 8-1 Place left foot back (don't put weight), put weight on left foot

SYNCOPATED BREAK

- 2&a3 Break right foot forward, recover on left foot, step right foot together, break left foot forward
- &a4 Recover on right foot, step left foot together, break right foot forward
- &a5 Left foot recover, step right foot together, step left foot to the left (9:00)
- 6&7 Step right foot forward to left diagonal (10:30), step left foot to the left, step right foot in place
- 8&1 Step left foot forward to right diagonal (1:30), step right foot to the right, step left foot in place

BREAK STEP FORWARD, 1 ¾ TURN RIGHT, CROSS WALK, CROSS WALK, ¼ TURN RIGHT, SYNCOPATED BREAK FORWARD

- 2-3 Cross break right foot forward (10:30), recover on left foot with a rondé of right foot turning 3/8 turn to the right
- 4&5 Lock right foot behind left foot (9:00) and turn a full turn to the right on right foot, step left foot back (9:00) and turn ½ to the right, step right foot forward (9:00)
- 6-7 Cross walk left foot forward (10:30), cross walk right foot forward (7:30) and turn ¼ to the right (face 12:00)
- 8& Cross break left foot forward (1:30), recover on right foot

REPEAT
