

Indian Blues

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Natural Blues - Moby



CROSS ROCK LEFT, TRIPLE IN PLACE, CROSS ROCK RIGHT, TRIPLE IN PLACE WITH ½ TURN RIGHT

- 1-2 Cross left in front of right (arms spread out in a 45 degrees angle right on shoulder height, hands forming a window), replace weight on right (arms back into normal position)
3&4 Triple step in place (left, right, left)
5-6 Cross right in front of left (arms spread out in a 45 degrees angle left on shoulder height, hands forming a window), replace weight on left (arms back into normal position)
7&8 Triple in place with ½ turn right (right, left, right)

SYNCOPATED SIDE STEPS TRAVELING LEFT, TOUCH, SYNCOPATED SIDE STEPS TRAVELING RIGHT, TOUCH

- 1&2 Step left to left, step right next to left, step left to left
&3-4 Step right next to left, step left to left, touch right next to left
5&6 Repeat counts 9 & 10 traveling right
&7-8 Repeat counts & 11-12 traveling right

During these 8 counts arms are crossed in front of chest, hands on elbows. On counts 9-11 turn head left, on count 12 look straight ahead, on counts 13-15 turn head right, on count 16 look straight ahead

SAILOR STEP LEFT, SAILOR STEP RIGHT WITH ¼ TURN RIGHT, SHUFFLE FORWARD, ROCK STEP

- 1&2 Cross left behind right, step right to right, step left to left
3&4 Cross right behind left, step left to left, turn ¼ to right while stepping right forward
5&6 Step left forward, step right behind left, step left forward
7-8 Step right forward placing weight on right, replace weight on left

FULL TURN BACKWARDS, COASTER STEP, STEP, ARM MOVEMENT

- 1-2 Make ½ turn right on ball of left stepping forward on right, make ½ turn right on ball of right stepping back on left
3&4 Step right back, step left next to right, step right forward
5 Step left next to right (weight now on left) while placing right hand on heart
6-8 Right arm straightens forward describing a bow up to 3:00

REPEAT