

Hillbilly West

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner east coast swing
编舞者: Nancy Morgan (USA)
音乐: As Long As You Belong To Me - Holly Dunn



STEP FORWARD AS YOU HEEL GRIND, DROP TOE, REPEAT WITH OTHER FOOT, KICK FORWARD, KICK SIDE, SAILOR SHUFFLE

- 1-2 Step forward with right heel as you grind heel from left to right, drop right toe to floor as you put your weight on your right
- 3-4 Step forward with left heel as you grind heel from right to left, drop left toe to floor as you put your weight on you left
- 5-6 Kick right foot forward, kick right foot out to right side
- 7&8 Sailor shuffle - step right behind left, left out to left side, step forward and slightly to right on right foot

STEP FORWARD AS YOU HEEL GRIND, DROP TOE, REPEAT WITH OTHER FOOT, KICK FORWARD, KICK SIDE, SAILOR SHUFFLE

- 1-2 Step forward with left heel as you grind heel from right to left, drop left toe to floor as you put your weight on you left
- 3-4 Step forward with right heel as you grind heel from left to right, drop right toe to floor as you put your weight on your right
- 5-6 Kick left foot forward, kick left foot out to left side
- 7&8 Sailor shuffle - step left behind right, right out to right side, step forward and slightly to left on left foot

SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK, ROCK STEP

- 1&2 Shuffle forward - right, left, right
- 3-4 Rock forward on left and back on right
- 5&6 Shuffle back - left, right, left
- 7-8 Rock back on right and forward on left

TOUCH TO SIDE, CROSS STEP FORWARD, TOUCH TO SIDE, CROSS STEP FORWARD, JAZZ BOX SQUARE WITH ¼ TURN

- 1-2 Touch right toe to right side, cross-step forward on right
- 3-4 Touch left toe to left side, cross-step forward on left
- 5-6-7-8 Cross right over left as you turn ¼ turn to your right, step back on left, step right to right side, step forward on left

REPEAT
