

Gone & Done It

COPPER **NOB**
STEPSHEETS

拍数: 40 墙数: 4 级数: Improver
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音乐: Love Gets Me Every Time - Shania Twain



RIGHT KICK BALL CHANGE-TAP RIGHT HEEL-LEFT KICK BALL CHANGE- TAP LEFT HEEL

1&2 Kick right foot forward-step on ball of right-change weight to left
&3&4 Lift right heel-tap right heel-lift right heel-tap right heel
5&6 Kick left foot forward-step on ball of left-change weight to right
&7&8 Lift left heel-tap left heel-lift left heel-tap left heel

HEEL LIFTS-VINE RIGHT WITH TOUCH BEHIND

1-2 Lift right heel & turn right knee in-lift left heel & turn left knee in
1-2 Lift right heel & turn right knee in-lift left heel & turn left knee in
3-4 Lift right heel & turn right knee in-hold
5-6 Side step right with right-step left behind right
7-8 Side step right with right-touch left behind right & clap

UNWIND ½ LEFT-CLAPS

1-2 Unwind on ball of right foot ½ turn left, clap
3 Hold
&4 Clap-clap

LEFT SHUFFLE FORWARD-ROCK BACK-ROCK FORWARD

5&6 Shuffle forward left foot
7-8 Step back on right foot & kick left foot slightly forward-step down on left

RIGHT SHUFFLE FORWARD-ROCK BACK-ROCK FORWARD

1&2 Shuffle forward right foot
3-4 Step back on left foot & kick right foot slightly forward-step down on right

LEFT TOE TOUCH FORWARD-TOUCH TOGETHER-TOUCH LEFT SIDE-TURN

5-6 Touch left toe forward-touch together with left toe
7-8 Touch left toe to left side-turn ¼ to right on ball of right foot

LEFT KNEE LIFT-TOUCH LEFT TOE BACK-LEFT KNEE LIFT-STEP LEFT-STEP RIGHT

1-2 Lift left knee forward-touch left toe back
3&4 Lift left knee forward-step left-step right

SLIDING STEPS FORWARD-HOLD

5-6 Slide left foot forward & step-slide right foot forward & step
7-8 Slide left foot forward & step-hold right in place with right heel up

REPEAT