

Beauty Sleep

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: Beginner
编舞者: Steve Hatley (USA)
音乐: Fifty-Fifty Love - Lee Roy Parnell



SWITCH STEPS

- 1 Touch right foot to the right
- 2 Switch steps by stepping right foot beside left foot as you touch the left foot to the left
- 3 Switch steps by stepping left foot beside right foot as you touch the right foot to the right
- 4 Hold and clap
- 5 Switch steps by repeating #2 above
- 6 Switch steps by repeating #3 above
- 7 Switch steps by repeating #2 above
- 8 Hold and clap

SAILOR SHUFFLES

- 9 Cross left foot behind the right foot and step, & step slightly to the right on the right foot
- 10 Step left foot next to the right foot
- 11 Cross right foot behind left foot and step, & step slightly to the left on the left foot
- 12 Step right foot next to the left foot
- 13-16 Same as numbers 9 through 12

ROCK STEPS, BACKWARD SHUFFLE

- 17 Step back on left foot
- 18 Rock forward on right foot
- 19 Step forward on left foot
- 20 Rock back on right foot
- 21&22 Shuffle back, left-right-left
- 23 Step back on right foot
- 24 Rock forward on left foot and clap

FORWARD TURNING SHUFFLES, ROCK STEPS

- 25&26 Shuffle forward, right, left, right, while making a ½ turn to the left
- 27 Step back on left foot
- 28 Rock forward on right foot and clap
- 29&30 Shuffle forward, left-right-left, while making a ½ turn to the right
- 31 Step back on right foot
- 32 Rock forward on left foot and clap

STEP HITCHES, CROSS UNWIND, HEEL, TOE

- 33 Step forward on right foot
- 34 Hitch left knee
- 35 Step back on left foot
- 36 Hitch right knee
- 37 Cross right foot over left foot
- 38 Unwind a ½ turn, to the left
- 39 Tap right heel forward
- 40 Tap right toe back

REPEAT

