

Altern8 Swing

COPPERKNOB
STEPSHEETS

拍数: 72 墙数: 4 级数: Intermediate
编舞者: Peter Metelnick (UK)
音乐: Where I Come from - Alan Jackson



RIGHT & LEFT HEEL SWITCHES, RIGHT STRUT FORWARD, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE

1&2& Touch right heel forward, step right foot together, touch left heel forward, step left foot together
3-4 Touch right toes forward, step right heel down
5-6 Step left foot forward, pivot ½ right
7&8 Step left foot forward, step right foot together, step left foot forward

RIGHT & LEFT HEEL SWITCHES, RIGHT STRUT FORWARD, LEFT FORWARD, ¼ RIGHT PIVOT, LEFT CROSSING SHUFFLE

1-4 Repeat counts 1-4 in the previous 8 counts
5-6 Step left foot forward, pivot ¼ right
7&8 Cross step left foot over right, step right foot to right side, cross step left foot over right

RIGHT TO RIGHT SIDE, ½ LEFT & LEFT TO LEFT SIDE, FORWARD 2, RIGHT FORWARD ROCK & RECOVER, ½ RIGHT TURNING TRIPLE

1-2 Step right foot to right side, keeping weight on right foot turn ½ left & step left foot to left side
3-4 Step right foot forward, step left foot forward
5-6 Rock right foot forward, recover weight on left foot
7&8 Turning ½ right step right foot forward, step left foot together, step right foot forward

LEFT FORWARD ROCK & RECOVER, ½ LEFT TURNING TRIPLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, ¼ LEFT PIVOT TURN

1-2 Rock left foot forward, recover weight on right foot
3&4 Turning ½ left step left foot forward, step right foot together, step left foot forward
5-8 Step right foot forward, pivot ½ left, step right foot forward, pivot ¼ left

WEAVE LEFT 2, TURN ½ RIGHT & SIDE SHUFFLE RIGHT, WEAVE RIGHT 2, TURN ½ LEFT & SIDE SHUFFLE LEFT

1-2 Cross step right foot over left, step left foot to left side
3&4 Turning ½ right on left foot step right foot to right side, step left foot together, step right foot to right side
5-6 Cross step left foot over right, step right foot to right side
7&8 Turning ½ left on right foot step left foot to left side, step right foot together, step left foot to left side

RIGHT FORWARD & BACK ROCK & RECOVER, RIGHT KICK BALL CROSS 2X

1-4 Rock right foot forward, recover weight on left foot, rock right foot back, recover weight on left foot
5&6 Kick right foot forward, step right foot back, cross step left foot over right
7&8 Repeat counts 5&6 above traveling to the right

RIGHT HEEL GRIND TURNING ½ RIGHT, RIGHT COASTER STEP BACK, LEFT FORWARD, RIGHT TOUCH TOGETHER, RIGHT BACK TURNING ¼ LEFT, LEFT TO LEFT SIDE

1-2 Grind right heel forward turning toes to the right, complete ½ turn with weight on right foot
3&4 Step right foot back, step left foot together, step right foot forward
5-6 Step left foot forward, touch right toes together

7-8 Step right foot back turning $\frac{1}{4}$ left, step left foot to left side

RIGHT 3 COUNT JAZZ BOX TRAVELING BACK, LEFT 3 COUNT JAZZ BOX TRAVELING BACK, RIGHT CROSS ROCK & RECOVER

1-4 Cross step right foot over right, step left foot back, step right foot to right side angling body towards right diagonal, cross step left foot over right

5-8 Step right foot back, step left foot to left side angling body towards left diagonal, cross rock right foot over left, recover weight on left foot

Restart from here on walls 3, 5, and 6

RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER

1&2 Step right foot to right side, step left foot together, step right foot to right side

3-4 Rock left foot back, recover weight on right foot

5&6 Step left foot to left side, step right foot together, step left foot to left side

7-8 Rock right foot back, recover weight on left foot

REPEAT

RESTART

Restart after count 64 on walls 3, 5, and 6
