

Positivity

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Sebastiaan Holtland (NL) - September 2007
音乐: Positivity - Ashley Tisdale



Start the dance to facing 12:00

WALK FWD, WALK FWD, SIDE ROCK AND CROSS, FULL SWEEP TURN, SAILOR CROSS

1-2 Rf walk forward, Lf walk forward
3&4 Rf step to the left, Lf recover, Rf across Lf (facing 9:00)
5-6 Rf make a full turn left, and sweep with your Lf from front to back (facing 9:00)
7&8 Lf cross behind Rf, Rf step to the right, Lf across Rf (facing 9:00)

SIDE AND HEEL, AND CROSS, SIDE AND CROSS, FULL SPIRAL TURN, SIDE TOUCH, KICK BALL CROSS

&9&10 Rf step to the right, Lf touch heel forward, Rf across Lf weight onto Rf (facing 9:00)
&11-12 Lf step to the left, Rf across Lf, Rf & Lf make a full spiral turn left, and holding your Lf across forward right (spiral turn) (facing 9:00)
13-14 Lf step to the left, and Rf tap next Lf weight onto Lf (facing 9:00)
15&16 Lf kick diagonally Forward, Lf step back in center, Rf step forward weight onto Rf (facing 10:30)

SIDE ROCK/RECOVER, 1/4 TURN, KICK & KICK, TAP & TAP, LOCK SHUFFLE FWD

17&18 Lf step to the right side, Rf recover, 1/4 turn left weight onto Rf (facing 6:00)
19&20 Lf kick forward, Lf step back in center, Rf kick forward (facing 6:00)
&21&22 Rf step back in center, Lf tap slightly forward on toe, Rf tap slightly forward on toe weight onto Lf (facing 6:00)
23&24 Rf step forward, Lf lock behind Rf, Rf step forward (facing 6:00)

TAPS FWD IN A 1/2 TURN, 2X SHUFFLE FWD R - L

25&26 Lf tap slightly forward on toe, 1/4 turn left, Rf tap slightly forward on toe (facing 3:00)
&27&28 Rf step back in center, Lf tap slightly forward on toe 3:00, 1/4 turn left and step with Lf back in center, Rf tap next to Lf, weight onto Lf (facing 12:00)
29&30 Rf step forward, Lf step behind Rf, Rf step forward (facing 12:00)
31&32 Lf step forward, Rf step behind Rf, Lf step forward (facing 12:00)

1/2 STEP PIVOT, LOCK SHUFFLE FWD, PUSH FWD, SWEEP, SAILORSTEP

On the 5th wall you get a restart after the count 35&36, facing 6 o'clock, step Lf next to Rf and start again with the first section

33-34 Rf step forward, 1/2 turn left, take weight onto Lf (facing 6:00)
35&36 Rf step forward, Lf lock behind Rf, Rf step forward (facing 6:00)
37-38 Lf push across forward right, Lf recover and sweep your Lf extended from front to back (facing 3:00)
39&40 Lf step behind Rf, Rf step to the right, Lf step to the left, weight onto Lf (facing 3:00)

2X KICK MOVING FWD, CROSS 1/2 TURN, & STEP HOLD, & STEP, TOUCH

41&42 Rf kick forward, Rf step moving forward back in center, Lf kick forward (facing 3:00)
&43-44 Lf step moving forward back in center, Rf step across Lf, make 1/2 turn left take weight on Rf (facing 9:00)
&45-46 Lf step to the left weight onto both feet, Hold (facing 9:00)
&47-48 Rf step next to Lf, Lf step to the left, Rf touch next to Lf weight onto Lf (facing 9:00)

REPEAT