

Adalida

COPPER **NOB**
STEPSHEETS

拍数: 70 墙数: 4 级数: Intermediate/Advanced
编舞者: Unknown
音乐: Adalida - George Strait



HEEL, STEP, HEEL, STEP

- 1 Touch left heel forward
- 2 Step together
- 3 Touch right heel forward
- 4 Step together

HEEL, HOOK, HEEL, STEP, HEEL, HOOK, HEEL, STEP

- 5 Touch left heel forward
- 6 Hook left over right in front
- 7 Touch left heel forward
- 8 Step together
- 9 Touch right heel forward
- 10 Hook right over left in front
- 11 Touch right heel forward
- 12 Step together

BRUSH, STEP, BRUSH, STEP

- 13 Brush left foot forward
- 14 Step on left foot
- 15 Brush right foot forward
- 16 Step on right foot

STEP, PIVOT ½, SHUFFLE, SHUFFLE, STEP, PIVOT ½

- 17 Step forward left
- 18 Pivot ½ right on both feet (military turn)
- 19 Shuffle forward left
- & Shuffle together right
- 20 Shuffle forward left
- 21 Shuffle forward right
- & Shuffle together left
- 22 Shuffle forward right
- 23 Step forward left
- 24 Pivot ½ right on both feet (military turn)

GRAPEVINE LEFT WITH ½ TURN, JAZZ BOX

- 25 Step left to left side
- 26 Step right behind left
- 27 Step left to left side while turning ½ left at the same time
- 28 Swing right leg forward to complete ½ turn to left
- 29 Cross right over left in front
- 30 Step back on left
- 31 Step right to right side
- 32 Step together left

STEP, PIVOT ½, MODIFIED "DWIGHT YOAKAMS"

- 33 Step forward right

- 34 Pivot ½ left on both feet (military turn)
- 35 Swivel on ball of left foot (toes pointing to the right), as you touch heel of right foot and point toes to the right (weight will be on left ball and right heel)
- 36 Swivel to heel of left foot (toes pointing to the left), as you touch ball of right foot and point toes to the left (weight will be on left heel and right ball)
- 37 Swivel to ball of left foot (toes pointing to the right), as you touch heel of right foot and point toes to the right (weight will be on left ball and right heel)
- 38 Swivel to heel of left foot (toes pointing to the left), as you touch ball of right foot and point toes to the left (weight will be on left heel and right ball)
- 39 Swivel to ball of left foot (toes pointing to the right), as you touch heel of right foot and point toes to the right (weight will be on left ball and right heel)
- 40 Swivel to heel of left foot (toes pointing to the left), as you touch ball of right foot and point toes to the left (weight will be on left heel and right ball)

NOTE: Counts 35-40 progress to the right. Take small steps to maintain balance. May take lots of practice, especially if you are unfamiliar with "Dwight Yoakams"

DIAGONAL STEP TOUCHES

- 41 Step forward right on diagonal
- 42 Touch left together
- 43 Step forward left on diagonal
- 44 Touch right together
- 45 Step forward right on diagonal
- 46 Touch left together
- 47 Step forward left on diagonal
- 48 Touch right together

SHUFFLE BACK, SHUFFLE BACK, SHUFFLE WITH ½ TURN, SHUFFLE

- 49 Shuffle backward right
- & Shuffle backward left
- 50 Shuffle backward right
- 51 Shuffle backward left
- & Shuffle backward right
- 52 Shuffle backward left
- 53 Shuffle backward right, while beginning ½ turn to right
- & Shuffle in place left, continuing ½ turn to right
- 54 Shuffle forward right, completing ½ turn to right
- 55 Shuffle forward left
- & Shuffle forward right
- 56 Shuffle forward left

TOUCH, ¼ TURN, FOUR HEEL-TOE STRUTS

- 57 Touch ball of right foot forward (weight should stay on left foot)
- 58 Pivot ¼ left on both feet, with weight remaining on left
- 59 Step forward right heel
- 60 Snap right toe to floor
- 61 Step forward left heel
- 62 Snap left toe to floor
- 63 Step forward right heel
- 64 Snap right toe to floor
- 65 Step left heel forward
- 66 Snap left toe to floor

JAZZ BOX

- 67 Step right over left

- 68 Step left to left side
- 69 Step right to right side
- 70 Touch left together

REPEAT

VARIATION

Steps 13-16 can also be done as a quick heel hook, and a step forward

- 13 Touch left heel forward
 - & Hook left over right in front
 - 14 Step left forward
 - 15 Touch right heel forward
 - & Hook right over left in front
 - 16 Step right forward
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