

Lovergirl

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4
编舞者: Elke Weinberger (NL)
音乐: Lovergirl - Alisha

级数: Intermediate



Note : Bounce
your hips
throughout to
enhance the
high-spirited
nature of the
dance.

**SIDE SLIDE,
BALL-
CHANGE, SIDE
SLIDE, BALL
CHANGE,
SIDE, ½ RIGHT
TURN, SAILOR
CROSS**

1&2 : Slide right
to right, rock on
ball of left
behind right,
recover weight
onto right as
you click fingers
to right

3&4 : Slide left
to left, rock on
ball of right
behind left,
recover weight
onto left as you
click fingers to
left

5-6 : Step right
to right, execute
½ turn right and
then step left to
left

7&8 : Cross
right behind left,
step left to left,
cross rock left
over right

**RECOVER, ¾
RIGHT TURN,
BACK
COASTER,
KICK-BALL-
FORWARD,
FULL TURN
LEFT**

9&10 : Recover weight onto left, execute $\frac{1}{4}$ turn right and then step right forward, execute another $\frac{1}{2}$ turn right and then step left back

11&12 : Step right back, step left beside right, step right forward

13&14 : Kick left forward, step left beside right, step right forward

15-16 : Pivot $\frac{1}{2}$ turn left (weight ends on left), execute another $\frac{1}{2}$ turn left and then step right back

**SAILOR STEP,
SAILOR STEP,
FORWARD,
BEHIND-TAP
TWICE (WITH
INDIAN ARMS
AND HEAD
THRUSTS),
BACK, CROSS-
TAP TWICE
(WITH INDIAN
ARMS AND
HEAD
THRUSTS)**

17&18 : Cross left behind right, step right to right, step left to left

19&20 : Cross right behind left, step left to left, step right to right

21 : Step left
forward with left
bend knee
slightly forward
as you push
both hands
forward (Fingers
of both hands
interlocking
each other,
palms facing
down)

&22 : Tap right
toes behind left
heel twice. Now,
pull both the
interlock-
fingered palms
in count 21
towards and
underneath the
chin as you
thrust your head
slightly forward
and back twice.
Each thrust
should be
executed in time
with each tap
step.

23 : Step right
back
straightening
knee up as you
now bring the
interlock-
fingered palms
to form an arch
above your
head.

&24 : Cross tap
left toes over
right twice. Now
thrust head
slightly forward
and back twice.
Each thrust
should be
executed in time
with each tap
step.

**STEP, TOE
AND HEEL
SWITCHES,
SCISSOR
CROSS,
SCISSOR
CROSS**

& : Step weight
onto left as you
now drop both
hands down to
both sides

25& : Touch
right toes to
right, step right
beside left

26& : Touch left
toes to left, step
left beside right

27& : Touch
right heel
forward, step
right beside left

28& : Touch left
heel forward,
step left beside
right

29&30 : Step
right to right,
step left beside
right, cross right
over left

31&32 : Step
left to left, step
right beside left,
cross left over
right

**1½ RIGHT
SPOT VOLTA
TURN,
FORWARD-
BALL-STEP,
BACK-BALL-
STEP**

33& : Execute
¼ turn right and
then step right
forward, step
onto ball of left
in place

34& : Execute
½ turn right and
then step right
forward, step
onto ball of left
in place

35& : Execute
½ turn right and
then step right
forward, step
onto ball of left
in place

36 : Execute $\frac{1}{4}$
turn right and
then step right
forward

For better
styling, on
counts
33&34&35&36,
stretch both
arms up (both
palms facing
up).

37&38 : Step
left forward,
step right
beside left, step
left in place
(beside right)
39&40 : Step
right back, step
left beside right,
step right in
place (beside
left)

**1½ LEFT SPOT
VOLTA TURN,
FORWARD-
BALL STEP,
BACK-BALL-
STEP**

41& : Execute
 $\frac{1}{4}$ turn left and
then step left
forward, step
onto ball of right
in place

42& : Execute
 $\frac{1}{2}$ turn left and
then step left
forward, step
onto ball of right
in place

43& : Execute
 $\frac{1}{2}$ turn left and
then step left
forward, step
onto ball of right
in place

44 : Execute $\frac{1}{4}$
turn left and
then step left
forward

For better
styling, on
counts
41&42&43&44,
stretch both
arms up (both
palms facing
up).

45&46 : Step
right forward,
step left beside
right, step right
in place (beside
left)

47&48 : Step
left back, step
right beside left,
step left in place
(beside right)

**SIDE SLIDE-
BALL STEP, ½
LEFT TURN,
SIDE SLIDE-
BALL-STEP, ¾
RIGHT
CURVATURE
TRAVELLING
VOLTAS**

49&50 : Slide
right to right,
step on ball of
left beside right,
step right in
place (beside
left)

51&52 :
Execute ¼ turn
left and the slide
left forward,
execute another
¼ turn left and
then step on
ball of right
beside left, step
left in place
(beside right)

53&54&

55&56 : Cross
right over left,
step left to left,
cross right over
left, step left to
left, cross
right over left,
step left to left,
cross right over
left

During counts
53&54&55&56,
curve the
travelling voltas
gradually so
that it completes
a $\frac{3}{4}$ right turn.

MAMBO
CROSS,
MAMBO
CROSS,
FORWARD
ROCK, $\frac{3}{4}$ LEFT
TURNING
CHASSE

57&58 : Rock
left to left,
recover weight
onto right, cross
left over right
59&60 : Rock
right to right,
recover weight
onto left, cross
right over left
61-62 : Rock left
forward, recover
weight onto
right
63&64 :
Execute $\frac{1}{4}$ turn
left and then
step left to left,
step right
beside left,
execute another
 $\frac{1}{4}$ turn left and
then step left
forward

REPEAT

RESTARTS
On the 1st and
3rd rotation,
dance till the
52nd count and
start dance
again (i.e. 2nd
and 4th rotation)
from count 1
facing 9 O?
Clock wall & 3
O? Clock wall
respectively.

On the 6th
rotation, dance
till the 15th
count (pivot $\frac{1}{2}$
left turn only),
then hold 1
count on the
16th count and
restart dance
from count 1
facing 6 O?
Clock.
