

Blush

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) - November 2007
音乐: Relax, Take It Easy - MIKA : (Album: Life in Cartoon Motion)



Start on vocals.

Or Music:

Whatever You Do! Don't ! by Shania Twain (121 bpm) Start on main vocals.
'Jambalaya' by Eddy Raven on 'Line Dance Fever 8. 125 bpm. 16 count intro.

Section 1: Chasse R, Rock Back, Chasse L, Rock Back.

1 & 2 Step R to R side. Step L next to R. Step R to R side.
3 4 Rock back on L. Recover on R.
5 & 6 Step L to L side. Step R next to L. Step L to L side.
7 8 Rock back on R. Recover on L.

Section 2: Kick Ball Change, Shuffle, Rock Step, Coaster Step.

1 & 2 Kick forward with R. Step down on ball of R. Step L in place.
3 & 4 Step forward on R. Step L next to R. Step forward on R.
5 6 Rock forward on L. Rock back on R.
7 & 8 Step back on L. Step R next to L. Step forward on L.

Section 3: Step Pivot 1/2 Turn L, Cross Shuffle, Side Touch, Kick Ball Cross.

1 2 Step forward on R. Pivot 1/2 turn L.
3 & 4 Cross step R over L. Step L to L side. Cross step R over L.
5 6 Touch L toe out to L side. Cross step L over R.
7 & 8 Kick R forward to R diagonal. Step down on ball of R. Cross L over R.

Section 4: Scissor Step x 2, Rock Forward.

1 2 3 Step R out to R side. Step L in next to R. Cross step R over L.
4 5 6 Step L out to L side. Step R in next to L. Cross step L over R.
7 8 Rock forward on R. Rock back on L.

Section 5: Tap, Scoot Back, Rock Back, Rock Forward, Turn 1/4 L, Cross.

1 & 2 Tap R toe next to L instep. Hop back on L foot. Step back on R.
(You can replace the above 1 - 2 with – Tap on R. Step back on R).
3 4 Rock back on L. Rock forward on R.
5 6 Rock forward on L. Rock back on R.
7 8 Turn 1/4 L stepping L out to L side. Cross step R over L.

Section 6: Heel Ball Cross, Side Rock, Cross, Turn 1/2 L, Cross.

1 & 2 Dig L heel forward to L diagonal. Step down on L. Cross step R over L.
3 4 Rock out to L side on L. Recover on to R.
5 6 Cross step L over R. Turn 1/4 L stepping back on R.
7 8 Turn 1/4 L stepping L to L side. Cross step R over L.

Section 7: Heel Ball Cross, Side Rock, Cross, Turn 1/2 L, Cross.

1 - 8 Repeat section 6

Section 8: Diagonal Rock, Back Rock, Side Rock, Cross Shuffle.

1 2 Rock diagonally forward on L to L. Recover on to R.
3 4 Cross rock on L behind R. Recover on to R.

5 6 Rock out on L to L side. Recover on to R.
7 & 8 Cross step L over R. Step R to R side. Cross step L over R

Begin again.
