

Chasing A Thrill

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Sadiah Heggernes (NOR/UK) - April 2009
音乐: Chasing A Thrill - Jeanette : (CD: Undress To The Beat)



Intro: 32 Count Intro – Start on main vocals

Section 1: Ball Cross, Hold, Rock & Cross, Step ¼ Turn, Side, Cross Shuffle

&1-2 Step right to right side. Cross left over right. Hold
3&4 Rock right to right side. Rock weight back on left. Cross right over left
5-6 ¼ turn right stepping back on left. Step right to right side 3:00
7&8 Cross left over right. Small step with right to right side. Cross left over right

Section 2: Ball Cross, Hold, Rock & Cross, Step ¼ Turn, Side, Cross Shuffle

&1-2 Step right to right side. Cross left over right. Hold
3&4 Rock right to right side. Rock weight back on left. Cross right over left
5-6 ¼ turn right stepping back on left. Step right to right side 6:00
7&8 Cross left over right. Small step with right to right side. Cross left over right

Section 3: Side Rock, Rock Back, ¼ Pivot, Shuffle

1-2 Rock right to right side. Rock weight back onto left
3-4 Rock back on right. Rock forward on left
5-6 Step forward on right. ¼ pivot left (weight on left) 3:00
7&8 Step forward on right.. Close left beside right. Step forward on right

Section 4: Heel Switches, Hold, Touch, ¼ Turn, Cross, Touch

1& Touch left heel forward. Step left beside right
2& Touch right heel forward. Step right beside left
3-4 Touch left heel forward. Hold
5-6 Touch left behind right. ¼ pivot left keeping weight on left 12:00
7-8 Cross right over left. Touch left to left side (weight on right)

Section 5: & Cross, Hold, Step, Heel, Hold, Kick Ball Step x 2

&1-2 Small step back on left. Cross right over left. Hold
&3-4 ¼ turn right stepping back on left. Touch right heel forward, Hold 3;00
5&6 Kick right forward. Step down on right. Step forward on left
7&8 Kick right forward. Step down on right. Step forward on left

Section 6: Step, Heel Bounce ½ Turn, Monterey ¼ Turn, Step

1 Step forward on right
2,3,4 Bounce both heels ½ turn left (weight stays on left) 9:00
5-6 Point right to right side. ¼ turn right on ball of left. Step right beside left 12:00
7&8 Touch left to left side. Step left beside right. Step forward on right

Section 7: Step, Pivot, Side, Behind Side Cross, Side, Together, Forward

1-2 Step forward on left. Pivot ½ turn right 6.00
3 Step left to left side
4&5 Cross right behind left. Small step left to left side. Cross right over left
6,7,8 Step left to left side. Close right beside left. Step left forward

Section 8: Side, Behind, Chasse, Cross, Back, Out, Out, Hold

1-2 Step right to right side. Cross left behind right

3&4 Step right to right side. Close left beside right. Step right to right side
5-6 Cross left over right. Step back on right
&7-8 Step out on left to left side. Step out on right to right side. Hold
(weight stays on left) 6:00
