

Tears on My Pillow

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Wanda Heldt (AUS) - December 2009
音乐: Tears on my Pillow - Kapena : (Album: I'll Build you a Rainbow)



S1. POINT STEPS [SYNCOPATION]

- 1&2 Touch Right toe forward, Step Right next to Left, Touch Left toe forward. ***
&3 Step Left next to Right, Point Right toe to Right side.
&4 Step Right next to Left, Point Left toe to Left side.
&5 Step Left next to Right, Touch Right toe forward. **
&6 Step Right next to Left, Touch Left toe forward.
&7 Step Left next to Right, Point Right toe to Right side.
&8 Step Right next to Left, Point Left toe to Left side.

** Alternate steps...for counts 5-8

STEP, CROSS SHUFFLE, ROCK, RECOVER, TOUCH

- & Step left behind Right.
5&6 Cross Right over Left, Step Left, Cross Right over Left.
7&8 Rock Left, Recover on Right, Touch Left toe next to Right.

S2. 1/4 TURN RIGHT HITCH, SIDE SHUFFLE, 1/2 TURN LEFT SIDE SHUFFLE, CHARLESTON STEPS

- &1&2 Replace weight on Left turn 1/4 Right with a slight R.hitch, Stepping Right, Left, Right. [3:00]
3&4 1/2 turn Left on balls of Right, Stepping Left, Right, Left. [9:00]
5-6 Touch Right toe forward Step back on Right.
7-8 Touch Left toe back, Step forward on Left.

S3. CHARLESTON STEPS, RIGHT HEEL JACK, LEFT HEEL JACK

- 1-2 Touch Right toe fwd, Step back on Right.
3-4 Touch Left toe back, Step Left next to Right.
5&6 Cross Right over Left, Step back on Left, Touch Right Heel Forward.
&7&8 Step back on Right, Cross Left over Right, Step back on Right, Touch Left heel forward.

S4. STEP, RIGHT BACK MAMBO, LEFT BACK MAMBO, RIGHT BACK LOCK STEP, ¼ LEFT SAILOR STEP

- &1&2 Step on to Left, Step back on Right, Recover on Left, Step Right next to Left.
3&4 Step back on Left, Recover on Right, Step Left next to Right.
5&6 Step back on Right, Step left over Right, Step back on Right.
7&8 Cross Left behind Right, 1/4 Turn Left Step out on to Right, Step out on to Left. [3:00]

Restart Have Fun In Life & In Dance

*8 Count.. TAG.... End of Wall 5 facing 6:00

ROCK, RECOVER, FULL TRIPLE TURN

- 1-2,3&4 Rock forward on Right, Recover on Left, Full Triple turn Right, stepping R.L.R.
5-6,7&8 Rock forward on Left, Recover on Right, Full triple turn Left, Stepping L.R.L.

*** ENDING: [Only if you wish to do so.. but No Need]

You will be facing 12:00 end of 10 Wall... Do count 1- 4 on Section 1. add the TAG & these 8 counts

BACK LOCK STEP, FULL SWEEP UNWIND

- 1&2 Step back Right, Lock left over Right, Step back Right.
3&4 Step back Left, Lock Right over Left, Step back Left.
5-8 Sweep the Right toe and do a slow full unwind Right on counts 5-7 and step back on Right (ct.8) with a slight dip.

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