

Superglue

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Tony Wilson (USA) & Lana Wilson (USA) - November 2010
音乐: Stuck Like Glue - Sugarland : (CD: The Incredible Machine)



48 intro, start on vocals

CROSS STRUT, SIDE STRUT, 1/4 JAZZ, HOLD

1-4 Cross R toe over L, drop R heel, touch L toe to right, drop L heel
5-8 Cross R over L, step L back, turn 1/4 right stepping R forward, hold (3:00)

FWD-CLOSE-FWD, HOLD, 1/2 PIVOT, STEP FWD

9-12 Step L forward, step R beside L, step L forward, hold (Option: full fwd turn right)
13-16 Step R forward, pivot 1/2 left weight on L, step R forward, hold (9:00)

CROSS STRUT, SIDE STRUT, 1/4 JAZZ, HOLD

17-20 Cross L toe over R, drop L heel, touch R toe to right, drop R heel
21-24 Cross L over R, step R back, turn 1/4 left stepping L forward, hold (6:00)

CHARLESTON, MODIFIED CHARLESTON

25-28 Step R forward, kick L forward, step L back, touch R back
29-32 Step R forward, kick L forward, step L back, step R beside L

SIDE, CLOSE, SWIVET, SIDE, CLOSE, SWIVET

33-34 Step L to left side, step R beside L
35-36 Weight on L heel and ball of R, twist left, center (weight on L)
37-38 Step R to right side, step L beside R
39-40 Weight on R heel and ball of L, twist right, center (weight on R)

HEEL JACKS

41-42 Cross step L over R, step R slightly back
43-44 Touch L heel forward on left diagonal, step L back
45-46 Cross step R over L, step L slightly back
47-48 Touch R heel forward on right diagonal, step R back

FWD, HITCH, FWD, HITCH, ROCK FWD, RECOVER, STEP BACK, HOLD

49-52 Step L forward, hitch R knee, step R forward, hitch L knee
53-56 Rock forward on L, recover back on R, step L back, hold

1/2 TWIST, HOLD, 1/2 TWIST, HOLD, 1/4 TWISTS, HOLD

57-60 On balls of feet twist 1/2 left, hold/clap, twist 1/2 right, hold/clap
61-62 On balls of feet twist 1/4 left (left diagonal), twist 1/4 right (right diagonal)
63-64 Twist 1/4 left (left diagonal), hold

Begin Again

Ending: Dance will finish on the back wall exactly at the end of the pattern.