

Ouch on The Couch (P)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Partner
编舞者: Mick Harris (UK) - March 2011
音乐: Ouch - Sammy Kershaw



Alternative music: 1-2-3 by Ann Tayler

Start in Indian Position Facing OLOD, same footwork unless stated

OUT IN OUT, BEHIND SIDE CROSS

1-4 Touch R toe to R side, touch R toe beside L, Touch R toe to R side, Hold
5-8 Cross R behind L, L to L side, Cross R over L, Hold

1/4 TURN, 1/2 TURN, STEP FWD LEFT, STEP LOCK STEP, HOLD

Release left hands, Rejoin in Sweetheart Position

9-12 Step back on L turning 1/4 turn R, Step back on R turning 1/2 turn R, Step Fwd L, hold
13-16 Step Fwd on R, Lock L behind R, Step Fwd on R, Hold

LEFT FWD MAMBO, RIGHT BACK MAMBO

17-20 Man: Rock Fwd on L, Recover on R, Step back on L, Hold

Lady: Step Fwd on L, Pivot 1/2 turn R, Step Fwd L, Hold

21-24 Man: Rock back on r, Recover on L, Step Fwd on R, Hold

Lady: Step Fwd R, Pivot 1/2 turn L, Step Fwd R, Hold

LEFT SHUFFLE FWD, RUN x 3, HOLD

25-28 L Shuffle Fwd LRL, Hold

29-32 Run Fwd RLR, Hold

SHUFFLE 1/2 TURN RIGHT, SHUFFLE 1/2 TURN RIGHT

Release L hands & Rejoin in Indian position

33-36 L Shuffle 1/2 turn R on LRL (RLOD), Hold

37-40 R Shuffle 1/2 turn on RLR (LOD), Hold

SHUFFLE 1/4 TURN RIGHT, BEHIND SIDE TOUCH

41-44 Shuffle 1/4 turn R on LRL (OLOD), Hold

45-48 Cross R behind L, Step L to L side, Touch R beside L, Hold

ROCK RECOVER, TURN 1/4 (RLOD), STEP PIVOT STEP

49-52 Rock Fwd R, Recover on L, Step Fwd on R turning 1/4 R to face RLOD, Hold

Release L hand Rejoin in Sweetheart position

53-56 Step Fwd L, Pivot 1/2 turn R, Step Fwd Left, hold

RIGHT STEP LOCK, 3/4 TURN LEFT

57-60 Step Fwd on R, Lock L behind R, Step Fwd R, hold

Release R hands & Rejoin in Indian Position

61-64 3/4 turn L on LRL to Face OLOD, Hold

Start Again