

Alcohol On It

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Sue Fisher (AUS) & Rhonda Mathieson (AUS) - July 2011
音乐: Put Some Alcohol on It - Gord Bamford : (Album: Day Job)



Intro: 32 beats

RUMBA BACK, HOLD, RUMBA FORWARD, HOLD

1, 2 Step R to the side, Step L together,
3, 4 Step R back, Hold
5, 6 Step L to the side, Step R together
7, 8 Step L forward, Hold

FORWARD, LOCK, FORWARD, HOLD, FORWARD, LOCK, FORWARD, HOLD

1, 2 Step R forward, Lock L behind right
3, 4 Step R forward, Hold
5, 6 Step L forward, Lock R behind left
7, 8 Step L forward, Hold

PIVOT TURN, PIVOT TURN, ROCKING CHAIR

1, 2 Pivot: Step R forward, Turn 180° left take weight onto L
3, 4 Pivot: Step R forward, Turn 180° left take weight onto L
5, 6 Rocking Chair: Step R forward, Rock back onto L
7, 8 Step R back, Rock forward onto L 12 O'clock

HEEL GRIND RIGHT, ¼ BACK, ROCK, HEEL GRIND RIGHT, ¼ BACK, ROCK

1, 2 Step R heel forward, Grind RIGHT heel take weight onto L
3, 4 Turn 90° right RIGHT back, Rock forward onto L
5, 6 Step R heel forward, Grind R heel take weight onto L
7, 8 Turn 90° right step R back, Rock forward onto L ## 6 O'clock

HEEL, HOOK, HEEL, FLICK, FORWARD, LOCK, FORWARD, HOLD

1, 2 Touch R heel forward, Hook R heel to left knee
3, 4 Touch R heel forward, Flick R heel back at 45° right
5, 6 Step R forward, Lock L behind right
7, 8 Step R forward, Hold

HEEL, HOOK, HEEL, FLICK, FORWARD, LOCK, FORWARD, HOLD

1, 2 Touch L heel forward, Hook L heel to right knee
3, 4 Touch L heel forward, Flick L heel back at 45° left
5, 6 Step L forward, Lock R behind left
7, 8 Step L forward, Hold

SIDE, ROCK, ACROSS, HOLD, SIDE, ROCK, ACROSS, HOLD

1, 2 Step R to the side, Side rock onto L
3, 4 Step R across in front of left, Hold
5, 6 Step L to the side, Side rock onto R
7, 8 Step L across in front of right, Hold **

FORWARD, ROCK, BACK, HOLD, BACK, ROCK, FORWARD, HOLD

1, 2 Step R forward, Rock back onto L
3, 4 Step R back, Hold

5, 6 Step L back, Rock forward onto R
7, 8 Step L forward, Hold 6 o'clock

RESTART: WALL 3 – dance to beat 32 (##) then restart to the BACK

ENDING ** Dance to beat 56 & ADD –

1,2,3,4 Rock forward on right, replace weight on left, rock back on right, replace weight on left
5,6,7 Step right forward, pivot ½ left take weight on left, place right beside left

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