

Dance On The Double

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Roz Chaplin (UK) & Colin B Smith (UK) - August 2011
音乐: Lost In the Shuffle - Michael Peterson : (CD: Michael Peterson)



32 Count Intro starts on Vocals

DIAGONAL FORWARD TOUCH, DIAGONAL BACK, KICK, COASTER STEP, SCUFF

1-2 Step forward on right, touch left beside right
3-4 Step back on left, kick right foot forward
5-6 Step back on right, step left beside right
7-8 Step forward on right, scuff left foot forward

SIDE TOUCH X2, SIDE TOGETHER, ¼ TURN, TOUCH

1-2 Step left to left side, touch right beside left
3-4 Step right to right side, touch left beside right
5-6 Step left to left side, close right beside left
7-8 ¼ turn left stepping forward on left, touch right beside left (9)

KICK BALL CHANGE, ROCKING CHAIR, KICK BALL CHANGE

1&2 Kick right forward, step right beside left, step left in place
3-4 Rock forward on right, recover on left
5-6 Rock back on right, recover on left
7&8 Kick right forward, step right beside left, step left in place

MONTEREY ½ TURN, ROCKING CHAIR

1-2 Touch right toe to right side, make ½ turn right stepping right to right side (3)
3-4 Touch left toe to left side, step left beside right (taking weight)
5-6 Rock right forward, recover onto left
7-8 Rock back on right, recover onto left

HEEL GRIND ¼ TURN, ROCK BACK, RECOVER, FULL TURN RIGHT

1-2 Touch right heel forward, grind ¼ turn to right (weight on left) (6)
3-4 Rock back on right, recover onto left
5-6 Step right forward, make ½ turn to right stepping left back
7-8 Make ½ turn to right stepping right forward, step left forward (6)

Easier Option 5-8 Walk forward right, left, right, left

ROCK STEP, COASTER STEP, KICK & POINT SWITCH ¼ TURN

1-2 Rock forward on right, recover on left
3&4 Step right back, step left beside right, step right forward
5&6 Kick left forward, step left beside right, point right to right
&7-8 Step right beside left, point left to left, make ¼ turn to left (weight on right) (3)

ROCK STEP, 2X SHUFFLE BACK, TOE TURN

1-2 Rock forward on left, recover on right,
3&4 Shuffle back stepping left, right, left
5&6 Shuffle back stepping right, left, right
7-8 Touch left toe back, make ½ turn to left (weight on left) (9)

BOTAFOGO X 2, JAZZ BOX

1&2 Step right forward, rock left to left, recover on right
3&4 Step left forward, rock right to right, recover on left

5-6 Cross right over left, step left back
7-8 Step right to right, cross left over right

TAG. AT THE END OF WALLS 2 & 5, REPEAT BOTAFOGO X2, JAZZ BOX.

Choreographer's Note: Especially Written for Ros's Workshop August 2011
