

Evolution

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Marie Sørensen (TUR) - November 2012
音乐: Evolution - Crystal Shawanda : (Album: Dawn Of A New Day - legalsounds)



Intro: 16 Counts

SIDE, DRAG, BEHIND, CROSS, SIDE, BEHIND, SIDE, CROSS SHUFFLE

1-2 Step right a big step to the right side, drag left next to right
&3-4 Cross left behind right, cross right over left, step left to left side
5-6 Cross right behind left, step left to left side
7&8 Cross right over left, step left to left side, cross right over left (12:00)

ROCK, RECOVER, SAILOR ¼ TURN, ROCK, RECOVER, STEP BACK, DRAG

1-2 Rock left to left side, recover
3&4 ¼ turn left, sweep left behind right, step right beside left, step fwd. left
5-6 Rock fwd. right (Bent your knees), recover
7-8 Step a big step back on right, drag left next to right (Weight on right) (09:00)

Restart the dance here during wall 6 – Facing 06:00 – Add a Ball change, now you have weight on left, Start again.

BALL CHANGE, WALK, WALK, HIP BUMPS, CROSS, BACK

&1-2 Step left beside right, walk fwd. right, left
3&4 Point right toe fwd. bump your hips right, left, right (Weight on right)
5&6 Point left toe fwd. bump your hips left, right, left (Weight on Left)
7-8 Cross right over left, step back on left (09:00)

BALL CHANGE, SIDE, CROSS, TOUCH, POINT, TOUCH, BALL CHANGE, CROSS, BACK, CROSS, HOLD

&1-2 Step right beside left, cross left over right, point right to right side
3&4 Touch right beside left, point right to right side, touch right beside left
&5-6 Step right beside left, cross left over right, step back on right
7-8 Cross left over right, hold (09:00)

RESTART: During wall 6 – After 16 Counts – Facing 06:00 - Add a Ball change, now you have weight on left, Start again.

Have Fun!

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