

Boatdock

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Larry Bass (USA) - January 2014
音乐: "Boatdock" by Men of Distinction



STEP, TOUCH & HEEL & CROSS: SIDE ROCK STEP; BEHIND & ACROSS

1-2 Step Right to right diagonal ; Touch Left beside Right
&3 Step Left slightly back, Touch Right heel diagonally forward
&4 Step Right slightly back, Step Left across Right
5-6 Rock Right to right; Recover left onto Left
7&8 Step Right behind Left, Step Left to left, Step Right across Left (12:00)

STEP, TOUCH & HEEL & CROSS: SIDE ROCK STEP; BEHIND & ACROSS

1-2 Step Left to left diagonal; Touch Right beside Left
&3 Step Right slightly back, Touch Left heel diagonally forward
&4 Step Left slightly back, Step Right across Left
5-6 Rock Left to left; Recover right onto Right
7&8 Step Left behind Right, Step Right to right, Step Left across Right (12:00)

SIDE TRIPLE STEP, ROCK STEP ¼ TURN; FULL RIGHT FORWARD ROLL, TRIPLE STEP FORWARD

1&2 Triple step Right, Left, Right to right
3-4 Turn ¼ turn left & rock Left back; Recover forward onto Right (9:00)
5-6 Rolling forward, turn ½ turn right & step Left back; Turn ½ turn right & step Right forward (9:00)
7&8 Triple step forward Left, Right, Left

TOUCH-BALL-CHANGE, TOUCH-BALL-CHANGE; ROCK STEP FORWARD ¾ RIGHT BACKWARD ROLL

1&2 Touch Right toe beside Left, Step Right in place, Change weight to Left
3&4 Touch Right toe beside Left, Step Right in place, Change weight to Left
5-6 Rock Right forward; Recover back onto Left
7-8 Rolling backward, turn ½ turn right & step Right forward; Turn ¼ turn right & step Left to left (6:00)

SAILOR STEP, ¼ TURN SAILOR STEP; STEP ½ PIVOT TWICE

1&2 Step Right behind Left, Step Left to left, Step Right to right
3&4 Turn ¼ turn left & Step Left behind Right, Step Right to right, Step Left To left (3:00)
5-6 Step Right forward; Pivot ½ turn left onto Left (9:00)
7-8 Step Right forward; Pivot ½ turn left onto Left (3:00)

TRIPLE STEP FORWARD; ROCK STEP; STEP BACK & TOUCH, STEP BACK & TOUCH & ROCK STEP

1&2 Triple step forward Right, Left, Right
3-4 Rock Left forward; Recover back onto Right
&5 Step Left back, Touch Right heel forward
&6 Step Right back, Touch Left heel forward
&7-8 Step Left back, Rock Right back; Recover forward onto Left (3:00)

START OVER

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