

Get My Life On Track!

COPPERKNOB
STEPPERS

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Sebastiaan Holtland (NL) - July 2014
音乐: Back To the Earth - Jason Mraz : (CD: Yes! 2014)



24 count intro from (07 sec), start dancing at the third vocal rooster (17 sec).

[1-8] Fwd Coaster Step, Hold, Hips Bumps L-R-L, Hold.

1-4 Step Rt forward, step Lf next to Rt, step Rt back, Hold.
5-8 Step Lt to the left bump L hip to left, bump R hip to right, bump L hip to left, Hold.

[9-16] R Step, Lock, Step, Hold, ¼ L, L Step, Lock, Step, Hold.

1-4 Step Rt forward, lock Lt behind Rt, step Rt fwd, Hold.
5-8 Turn ¼ left (9) step Lt forward, lock Rt behind Lt, step Lt fwd, Hold.

[17-24] Together Bending Knees 2 Times, ¼ L, Coaster Step, Hold.

1-4 Step Rt together Lf bending both knees, coming up, bending both knees, coming up.
5-8 Turn ¼ left (6) step Rt slightly back, step Lt next to Rt, step Rt slightly fwd, Hold.

[25-32] Fwd Rock, Recover, Side Rock, Recover, L Sailor Step, Hold.

1-4 Rock Lf fwd, recover on Rt, rock Lt to the side, recover on Rt.
5-8 Step Lt behind Rt, step Rt to right, step Lt slightly fwd, Hold.

[33-40] Heel Grind Steps R-L, L Rock Fwd, Recover, Back, Hold.

1-4 Heel grind fwd with Rt (toes from L to R), replace, heel grind fwd with Lt (toes from R to L), replace.
5-8 Rock Rt fwd, recover on Lt, step Rt back, Hold.

[41-48] Walks Back L-R, ¼ L, Fwd Rock, Recover, Replace, Hold.

1-4 Walk Lt back, Hold, walk Rt back, Hold.
5-8 Turn ¼ left (3) rock Lt forward, recover Rt, recover on Lt, Hold.

[49-56] Step, Hold, ¼ R, Side, Hold, ½ R, R Rock Fwd, Recover, Replace, Hold.

1-4 Step Rt forward, Hold, turn ¼ right (6) step Lt to the left, Hold.
5-8 Turn ½ right (12) rock Rt fwd, recover Lt, recover on Rt, Hold.

[57-64] Walk-Walk-Shuffle Turning ¾ Turn L with Holds.

1-4 Turn ¼ left (9) walk Lt fwd, Hold, turn ¼ left (6) walk Rt fwd, Hold.
5-8 Turn ¼ left (3) step Lt fwd, lock Rt behind Lt, step Lt fwd, Hold.

Start again and have fun!

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