

Somebody's Watching Me

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver Cha Cha
編舞者: Jeanie Kotlik (USA) - February 2015
音樂: Somebody's Watching Me (Remix) - Rockwell : (iTunes)



Begin dance on vocals at 64 counts - No Tags Or Restarts

[1-8] R WALK, L WALK, R WALK, HOLD, L WALK, R WALK, L WALK, HOLD

- 1-2 Walk forward on R, Walk forward on L
- 3-4 Walk forward on R, Hold on count 4, with weight on R
- 5-6 Walk forward on L, Walk forward on R
- 7-8 Walk forward on L, Hold on count 8, with weight on L

Styling: On counts 3-4 & 7-8, look right, look left.

[9-16] BACKWARD TRAVELING TOE HEEL X4 R, L, R, L

- 1-2 Bend R knee & touch R toe behind, Lower R heel to the floor, shifting weight on R
- 3-4 Bend L knee & touch L toe behind, Lower L heel to the floor, shifting weight on L
- 5-6 Bend R knee & touch R toe behind, Lower R heel to the floor, shifting weight on R
- 7-8 Bend L knee & touch L toe behind, Lower L heel to the floor, shifting weight on L

[17-24] BACK STEP, STEP, CROSS ROCK, RECOVER, STEP, CROSS ROCK, RECOVER, STEP

- 1-2 Step R foot back, Step L foot beside R
- 3-4 Cross-step R foot over L, weight on R, Recover weight on L foot
- 5-6 Step R foot beside L, Cross-step L foot over R, weight on L
- 7-8 Recover weight on R foot, Step L foot beside R, weight on L

[25-32] R HEEL TOUCH, L HEEL TOUCH, R 1/4 PIVOT, R 1/4 PIVOT

- 1-2 Touch R heel forward, Bring back to center, returning weight on R foot
- 3-4 Touch L heel forward, Bring back to center, returning weight on L foot
- 5-6 Step R ball forward, Pivot on R foot 1/4 turn to the L, Step on L
- 7-8 Step R ball forward, Pivot on R foot 1/4 turn to the L, Step on L

[33-40] R FORWARD PRESS & PULSE, HEEL L FORWARD PRESS & PULSE, HEEL

- 1-2 Step forward on R ball of foot w/ R knee bent, L leg straight, Press R ball into floor for 2 pulses
- 3-4 Press R ball of foot into floor for 1 pulse, Lower R heel to floor, weight on R
- 5-6 Step forward on L ball of foot w/ L knee bent, R leg straight, Press L ball into floor for 2 pulses
- 7-8 Press L ball of foot into floor for 1 pulse, Lower L heel to floor, weight on L

[41-48] R ROCKING CHAIR, R STEP, HOLD & STEP, STEP

- 1-2 Step forward on R, Recover back on L,
- 3-4 Step back on R, Recover weight forward on L
- 5- H Step to the R with the R foot, Hold for count 6
- &7-8 Bring L foot beside R, Step to the R with the R foot, Step on L foot with weight

[49-56] R WALK, HOLD, L WALK, HOLD, R TOE POINT, R HEEL SWIVELS

- 1-2 Walk forward on R foot, crossing in front of L, Hold for count 2, weight on R
- 3-4 Walk forward on L foot, crossing in front of R, Hold for count 4, weight on L
- 5 Bend L knee, Hold R toe to R front side, with leg straight, weight on L
- 6& Slightly bend R knee, Swivel R heel in toward floor, Return heel center
- 7& Swivel R heel in toward floor, Return heel center
- 8 Swivel R heel in toward floor, Weight on L

Styling: Snap fingers on hold counts 2 & 4

Styling: Bump hips to the left with each heel swivel, counts 6-8

[57-64] R JAZZ BOX, STEP, R KICK, STEP, DOUBLE KNEE POPS

- 1-2 Cross-step R foot over left, Step L foot back,
- 3-4 Step R to the right , Step on L with weight
- 5-6 Kick R foot forward, Step R to R side, weight even on both feet
- &7 Lift both heels off floor, popping knees forward, Lower heels to floor
- &8 Lift both heels off floor, popping knees forward, Lower heels to floor

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