

Foolin' Myself

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Easy Intermediate
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音樂: Out the Door - The Mavericks : (CD: Mono)



Intro 16 counts. No tags/restarts. □

S1: HEEL GRIND & ¼ R & L SIDE STEP, CROSS ROCK BACK, RECOVER, SIDE SHUFFLE, CROSS ROCK BACK, RECOVER;

1 2 step on heel RF forward & toes to left, on heel RF ¼ turn R & toes to right & LF step to left side (3)
3 4 cross rock RF behind LF, recover back on LF
5&6 RF step to right side, LV step next RF, RF step to right side
7 8 cross rock LF behind RV, recover back on LF

S2: SIDE SHUFFLE, CROSS BEHIND, ¾ UNWIND R, ROCK, RECOVER, STEP BACK, SWEEP (front to back);

1&2 LF step to left side, RF step next LF, LF step to left side
3 4 tap with toes RF behind LF, unwind ¾ turn R (12)
5 6 rock forward on LF, recover back on RF
7 8 step back on LF (weight on LF), sweep RF front to back

S3: L BALL ¼ R, CROSS BEHIND, SIDE STEP. CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS BEHIND, SIDE STEP, ACROSS;

1 2 on ball LF ¼ turn R (3) & cross step RF behind LF (weight on RF)
3&4 RF step across LF, LF small step to left side, RF step across LF
5 6 LF rock to left side, recover back on RF
7&8 cross step LF behind RF, RF step to right side, LF step across RF

S4: SIDE STEP, CLOSE, ½ RUMBA BOX R, SIDE STEP, CLOSE, ½ RUMBA BOX L;

1 2 RF step to right side, LF step next RF
3&4 RF step to right side, LF step next RF, step back on RF
5 6 LF step to left side, RF step next LV
7&8 LF step to left side, RF step next LF, step forward on RF

S5: HEEL GRIND & ½ R & L STEP BACK, R COASTER STEP, ROCK, RECOVER, L COASTER CROSS;

1 2 step on heel RF forward & toes to lefts, on heel RF ½ turn R & toes to right & LF step to left side (9)
3&4 step back on RF, LF close next RF, step forward on RF
5 6 rock forwards on LF, recover back on RV
7&8 step back on LF, RF close next LF, cross step LF over RF

S6: R SIDE SHUFFLE, CROSS ROCK BACK, RECOVER, ¼ R STEP BACK, ¼ R SIDE STEP, CROSS SHUFFLE;

1&2 RF step to right side, LF close next RF, RF step to right side
3 4 cross rock LF behind RF, recover back on RF
5 6 ¼ turn R LF step back (12), ¼ turn R side step with RF (3)
7&8 LF step across RF, RF small step to right side, LF step across RF

S7: SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE SHUFFLE with ¼ R, R COASTER STEP;

1 2 RF rock to right side, recover back on LF
3&4 RF step across LF, LF small step to left side, RF step across LF
5&6 LF step to left side, RF close next RF, ¼ turn R LF step back (6)

7&8 step back on RF, LF close next RF, RF step forward

S8: STEP & BALL ½ R & HOOK, R SHUFFLE, STEP & BALL ½ R & HOOK, 2 WALKS R, L;

1 2 step on LF forward, step on ball LF ½ turn R (12) & RF hook across LF

3&4 RF step forward, LF step next RF, RF step forward

5 6 step on LF forward, step on ball LF ½ turn R (6) & RF hook across LF

7 8 RF step forward, LF step forward

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