

Psycho

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jill Babinec (USA) & Guyton Mundy (USA) - February 2015
音樂: Psycho - Kimberly Cole : (Album: Bad Girls Club)



#32 Count Intro

[1-8] OUT, OUT, SAILOR , BALL SIDE with BODY DIP, BODY DIP 2x

- 1-2 Step R fwd on R diagonal, Step L fwd on L diagonal
3&4 Step R behind L, Step L to left side, Step R to rt side
&5-6 Step ball L next to right (&), Step R to rt side as you slightly bend knees making a counter clockwise circle with body down then up (5-6)
7-8 While bending slightly with knees make a counter clockwise circle down then up (7), bend slightly with knees and make a ccw circle down then up (8) (wt ends on your right)

(OPTION FOR DIPS: rock shoulders R-L (5-6), R-L-R (7&8))

[&9-16&] BALL ROCK, RECOVER, COASTER ¼ TURN, WALK L R, CROSS ROCK BACK ROCK

- &1-2 Step ball L next to right, Rock R to rt side, Recover side L
3&4 Step R back as you make ¼ Rt turn, Step L next to R, Step R forward (3:00)
5-6 Walk forward L - R
7&8& Cross L over right (7), Recover back on R (&), Rock back L (8), Recover forward on R (&)

[17-24] FWD ROCK, RECOVER, BACK L WITH SWEEP, BACK SWEEPS R-L, BEHIND & CROSS, SIDE ROCK RECOVER

- 1&2 Rock L forward (1), Recover back on R (&), Step back on L as sweep R (2)
3-4 Step back on R as sweep L, Step back on L as sweep R
5&6 Step R behind left, Step L to left side, Cross R over left
7-8 Rock L to left side, Recover side R

[25-32] BEHIND & CROSS, ROCK RECOVER, BEHIND, ¼ L TURN, ½ L TURN, ½ L TURN

- 1&2 Step L behind R, Step R to right side, Cross L over R
3-4 Rock R to right side, recover side L
5-6 Step R behind left, make ¼ L turn stepping L forward (12:00)
7-8 Make ¼ L turn stepping back on R (9:00), Make ½ L turn stepping L forward (3:00)

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