

On Top of The World!

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Chris Watson (AUS) - September 2015
音樂: Don't Be So Hard On Yourself - Jess Glynne : (iTunes)



#1: Step, Sailor Step, Behind & Cross, Step Kick, Coaster Step

- 1,2&3,4&5 Step R to R side, Step L behind R, rock R to R side and replace weight onto L, Step r behind L and L to L side, cross R over L turning 1/8 (11 O'Clock)
6,7&8 Kick L foot forward, step back onto L, step R together with L and forward onto L. (11 O'Clock)

#2: Step Together, Step Lock Step, Cross Step back, Coaster Step

- 1,2,3&4 Step forward onto r foot and step L together clicking both fingers, Step R foot forward, lock L behind R and step forward onto R
5,6,7&8 Cross Step L over R, Step 1/8 turn to R Side (12' Clock) , Step L foot back, bring R together with L and step L foot forward

#3: Side Sway, Side Shuffle, Behind, side, Cross, Side Rock, Cross.

- 1,2,3&4 Step R to R Side Sway Hips R,L , Step R to R Side bring L together and step R to R side.
5&6,7&8 Step L behind R, R to R side and cross L over R , rock R to R side, rock weight back onto centre and cross R over L

#4: ½ Turn , Cross & Heel, Together & Heel , Together and ½ Pivot

- 1,2,3&4 Make a ¼ turn right stepping back on L, continue and make another ¼ turn right stepping R to R side. (6 O'Clock) Cross step L over R, step back onto R and touch L heel forward to L diagonal (Facing 5 O 'Clock)
&5&6,7,8 Step L together and touch r next to L , Step r back and touch L heel forward, Step L back and step forward onto R making a ½ turn pivot taking weight onto L (11 O Clock)

#5: Step Sailor Step, Step Back X 2 , ½ Turn , ½ Turn, ¼ Turn.

- 1,2&3,4 Step R to R side straighten up to 9 O clock Wall, Step L behind r, R to R side and step L to L Side, Step R foot back
5,6,7,8 Step L foot back , make ½ turn Right stepping forward onto R , make a ½ Turn right stepping back onto L, make a ¼ turn R stepping r to R side (12 O'Clock)

#6: Samba Step X 2 , Cross Point , Cross over step back.

- 1&2,3&4 Cross step L over R , R to R side and weight back onto L, cross step r over L , step L to L side and weight back onto R
5,6,7,8 Cross L over R and point R toe to R Side, Cross R over L and step back Onto L

#7: ½ Turn Shuffle, Full turn stepping forward, Forward Coast step, Walk back X2

- 1&2,3,4 ½ Turn over R shoulder shuffle forward R, Full turn stepping forward L,R
5&6,7,8 Step L foot forward, step R foot together with L, Step L foot back, walk back, R ,L

#8: Back rock, replace, Walk, Walk , Touch & Touch & Touch , Hitch & Touch & Hitch

- 1,2,3,4 Rock R foot back and forward onto L, Walk forward R,L
5&6&7&8 Touch R toe to R side, step R together and touch L toe to L side , Step L together and touch R toe to R Side, Hitch R knee toward L knee and touch r toe to R side and lift knee to L knee.

[64] Counts Re- Start Dance.

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