

Intranquilite

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數:
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音樂: Intranquillité - Christine and the Queens



[1-8] : Step – Lock – Step Lock Step – Step – Back Step with ½ turn – Step Lock Step with ½ turn

1-2 Step R diagonally forward – Step L behind R
3&4 Step R diagonally forward – Step L behind R – Step R diagonally forward
5-6 Step L diagonally forward – Make ½ turn left stepping R backward
7&8 Make ½ turn L stepping L forward – Step R behind L – Step L diagonally forward

[9-16] : Touch x2 – Paddle Turn Backward x2 – Step Back – Touch – Coaster Step

1-2 Touch R over L – Touch R to R side
3-4 Make ¼ turn R touching R to R side – Make ¼ turn R touching R to R side
5-6 Step R backward – Touch L to L side
7&8 Step L backward – Step R next to L – Step L forward

[17-24] : Walk x2 – Jump x2 – Step ¼ Turn – Jump x2

1-2 Step R forward – Step L forward
&3&4 Step R forward – Step L next to R – Step R backward – Step L next to R
5-6 Step R forward – Making ¼ turn L
7-8 Jump forward x 2

[25-32] : Cross – Side – Sailor Step – Cross – Step Back with ¼ turn and Sweep – Step Back with Sweep – Step Back with Hitch

1-2 Cross L over R – Step R to R side
3&4 Cross L behind R – Step R to R – Step L to L side
5-6 Cross R over L – Make ¼ turn R stepping L backward and sweep R to the back
7-8 Step R backward and sweep L to the back – Step L backward and hitch R knee

[33-40] : Step – Sailor Step – Chest movement - Cross – Step ¼ turn Step - Hitch

1-2&3 Step R diagonally forward – Cross L behind R – Step R to R side – Step L to L side
&4 Push your chest forward and backward
5-6 Cross R over L – Step L to L side
&7-8 Make ¼ turn R and put weight on R – Step L forward – Hitch R knee

[41-48] : Step Back – Drag – Shuffle – Jazz Box & Side Kick

1-2 Step R diagonally backward – Drag L next R (weight still on R)
3&4 Step L diagonally backward – Step R next to L – Step L diagonally backward
5-6 Cross R over L – Step L backward
7-8 Step R to R and drag L next to R – Step L next to R and Kick R to the side

TAG: During the 3rd wall, after counts 44, change the last 4 counts with a Jazz Box with ¼ turn R and Restart (5-6-7-8: Cross R over L – Make ¼ turn R stepping L backward – Step R to R side – Step L next to R)

RESTART

[49-56] : Cross – Side – Sailor Step with ¼ turn – Walk x2 – Ball Cross with ¼ turn x2 (1/2 circle)

1-2 Cross R over L – Step L to L
3&4 Cross R behind L – Make ¼ turn R stepping L next to R – Step R forward
5-6 Step L forward – Step R forward
&7&8 Make ¼ turn R stepping L to L – Cross R over L – Make ¼ turn R stepping L to L – Cross R over L

[57-64] : Ball Step – Cross – Hitch – Step – Sailor Step – Twist x2 - Hitch

&1-2 Step L to L side (on the ball) – Step R to R side – Cross L over R
3-4 Hitch R knee – Step R to R side
5&6 Cross L behind R – Step R to R side – Step L to L side
7&8 Twist R foot inside – twist R foot outside – Hitch R knee

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