

The Pill

COPPER KNOB
STEPSHEETS

拍數: 36 牆數: 2 級數: Beginner / Improver
編舞者: Rose Fleming (AUS) - March 2016
音樂: The Pill - Loretta Lynn : (Album: Gold - iTunes)



Intro: 16 Beat's On Vocals - 4 RESTARTS

Start Position: Feet Together – Weight On Left.

[1 – 8] SIDE ROCK, CROSS HOLD, SIDE ROCK, CROSS HOLD.

1 – 2 Step R to R, Replace weight to L,
3 – 4 Cross step R over L, Hold,
5 – 6 Step L to L, Replace weight to R,
7 – 8 Cross step L over R, Hold. ##

[9 – 16] STEP LOCK STEP SCUFF, STEP LOCK STEP SCUFF.

1 – 2 – 3 - 4 Step R forward, Lock L behind R, Step R Forward, Scuff L.
5 – 6 – 7 - 8 Step L forward, Lock R behind L, Scuff R.

[17 – 24] TOE STRUT JAZZ BOX WITH 1/4 R TURN

1 – 2 Touch R toe forward, drop R heel,
3 – 4 Touch L toe back, drop L heel,
5 – 6 Touch R toe to R side turning 1/4 R, drop R heel,
7 – 8 Touch L toe forward, drop L heel.

[25 – 32] VINE RIGHT ¼ TURN & TOUCH, VINE LEFT & TOUCH

1 – 2 – 3 – 4 Step R to R side, Cross L behind R, Turn ¼ R, touch L beside R.
5 – 6 – 7 – 8 Step L to L side, Cross R behind L, Step L to L side, Touch R beside L. #

[33 - 36] HIPS BOMPS R,L,R,L

1 - 2 Step R forward push R hip forward, step L back push L hip back
3 - 4 Step R forward push R hip forward, step back L push L hip back

RESTART 1: # Walls 1,3 & 8 dance to count 32 then RESTART the dance

RESTART 2: ## Wall 7 dance to count 8 then RESTART the dance

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