

What's The Pressure

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Rhoda Lai (CAN) - April 2016
音樂: What's the Pressure - Laura Tesoro



Intro: □ 16 counts - Note: Tag & Restart at Wall 2 (see below)

S1: □ L Forward Pivot ¼ R, L Cross, R Side-Spiral ½ L, L Weave Left

12 Step forward L, pivot ¼ R □ (3:00)
34 Cross L over R, step R to R side while making a spiral ½ L (hook L in front of R) (9:00)
56&78 Step L to L side, cross R over L, step L to L side, step R behind L, point L to L side & snap fingers

S2: □ L Jazz Box ¼ L, R Cross, ¼ R, Shuffle ½ R-Hitch L

123 Cross L over R, step back R, ¼ L stepping L beside R □ (6:00)
45 Cross R over L, ¼ R stepping back L □ (9:00)
6&7&8 ¼ R stepping forward R, step L beside R, ¼ R stepping forward R, clap, clap and hitch L □ □ (3:00)

S3: □ L Diagonal Back- R Together, Twist- twist- ¼ L, L Forward-R Scuff, R Forward, ½ L- R Sit

12 Big step back on L to L diagonal, step R beside L
3&4 Twist heels to the R, twist toes to the R, twist heels to the R with ¼ L (ending weight on R) □ (12:00)
5678 Step forward L, scuff R beside L, step forward R, ½ L sitting on R (6:00)

S4: □ L Forward, Toe Touches R&L, L Step- together- touch, L Step- together- step, Knee Pop

12&3 Step fwd L, touch R toes to R side, step R beside L, touch L toes to L side (upper body leaning towards R)
4&5 Shift weight to L, step R beside L, touch L toes to L side (upper body leaning towards R)
6&7 Shift weight to L, step R beside L, step L to L side (a small side step)
&8 Pop both knees, lower heels (ending weight on R)

*** Tag & Restart at Wall 2

(Opt. styling on Counts 2,4,6: R hand up pointing to R side. Counts 3, 5, 7: R hand down, snapping fingers)

S5: □ L Cross, R Side, L Sailor ¼ L, R Forward, ¼ R, R Sailor ¼ R- Kick

12 Cross L over R, step R to R side
3&4 ¼ L stepping back L, step R beside L, step forward L □ (3:00)
56 Step forward R, ¼ R stepping L to L side (6:00)
7&8& Step R behind L, ¼ R stepping L to L side, kick R forward, step R in place (9:00)

S6: □ Diagonal Fwd Touch X2, L Back- R Touch, R Back- L Heel, L Step- R Touch, R Back- L Heel, L Step

12 Big step L forward to L diagonal, touch R beside L
34 Big step R forward to R diagonal, touch L beside R
&5&6 Step back L, touch R toes beside L, step back R, touch L heel forward
&7&8& Step L in place, touch R toes beside L, step back R, touch L heel forward, step L in place

S7: □ R Forward Pivot ¼ L, R Cross, ¼ R, Shuffle ¼ R, L Forward Pivot ¼ R

12 Step forward R, pivot ¼ L (6:00)
34 Cross R over L, ¼ R stepping back L □ (9:00)
5&6 ¼ R stepping R to R side, step L beside R, step R to R side (12:00)
78 Step forward L pushing L hip, pivot ¼ R (3:00)

S8: □ Camel Weave- ¼ R, L Kick Out- Out- In- In, Knee pop

12 Cross L over R and pop R knee, step R to R side and pop L knee
34 Step L behind R and pop R knee, ¼ R stepping forward R and popping L knee □ (6:00)
5&6 Kick L forward, step L to L side, step R to R side
&7&8 Step L back to center, step R beside L, pop both knees, lower heels (ending weight on R)

TAG: □Add this 4-count tag (L Jazz Box) at the end of S4 on Wall 2, then restart the dance

12 Cross L over R, step back R
34 Step L beside R, step forward R

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