

Spend my Overtime

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Samantha Jensen (USA) - December 2015
音樂: High Class - Eric Paslay



Count In: 16 Counts

[1 – 8] □ SIDE STEP RIGHT, SAILOR STEP, 1/4 TURN SAILOR STEP, STEP FORWARD, HEEL TAP
x2 □ [3]

1 2 Step Ball Of R Foot R (1), Drop Heel (2) □ 12
3 & 4 Step L Behind R (3), Recover Weight On R (&), Step L Foot Out L (4) □ 12
5 & 6 Step R Behind L (5), 1/4 Turn R Recovering Weight On L (&), Step Fwd R (6) □ 3
7 & 8 Step Ball Of L Foot Fwd Bending Knee Slightly (7), Tap L Heel X2 (&8) □ 3

[9 – 16] □ TOUCH HEEL FORWARD X2, SCUFF HITCH, STEP FORWARD, PIVOT 1/2 TURN, HIP ROLL
□ [9]

1 & 2 & Touch R Heel Fwd (1), Recover Weight On R (&), Touch L Heel Fwd (2), Recover Weight On
L (&) □ 3
3 4 Scuff R Foot Fwd With A Hitch (3), Step R Slightly Fwd (4) □ 3
5 6 Pivot 1/2 Turn L With Hip Roll (5,6) □ 9
7 8 Continue Hip Roll With Weight On L (7,8) □ 9

[17 – 24] □ ROCK R TO R RECOVER, WEAVE LEFT, SIDE, HOLD, BALL STEP. □ [9]

1 2 Rock R Foot R (1), Recover Weight To L (2) □ 9
3 & 4 Step R Behind L (3), Step L Out L (&), Cross R Over L (4) □ 9
5 6 Step L Out L (5), Hold (6) □ 9
& 7 8 Step R Next To L (&), Step L Out L (7), Hold (8) □ 9

[25 – 32] □ R HEEL FWD, L TOE BACK, L HEEL FWD, R TOE BACK, WALK R, WALK L, HOLD, BALL STEP
L □ 9

1 & 2 Kick R Heel Fwd (1), Recover Weight On R (&), Touch L Toe Back (2) □ 9
3 & 4 Kick L Heel Fwd (3), Recover Weight On L (&), Touch R Toe Back (4) □ 9
5 6 7 Step R Fwd (5), Step Fwd L Starting A Slow Body Roll (6), Hold, Finishing Body Roll (7) □ 9
& 8 Step R Next To L (&), Ball Step L (8) □ 9

Styling □ Slow Forward Body Roll □

[33 – 40] □ 1/4 TURN JAZZ BOX, TRIPLE FORWARD, 1/2 TURN LEFT, KICK, BIG STEP BACK, SLIDE
RIGHT TOE NEXT TO LEFT □ [6]

1 & 2 Cross R Over L (1), 1/4 Turn R Stepping Back On L (&), Step Fwd On R (2) □ 12
3 & 4 Step Fwd L (3), Step R Next To L (&), Step Fwd L (4) □ 12
5 6 1/2 Turn L Stepping Back On R (5), Kick L Foot Fwd (6) □ □ □ □ □ 6
7 8 Big Step Back On L (7), Slide R Toe Back Next To L (8) □ □ □ □ □ 6

[41 – 48] □ TRIPLE FORWARD, STEP, FULL TURN RIGHT, RIGHT TOE OUT TO R, LEFT TOE OUT TO L,
CROSS R OVER L, ¼ TURN RIGHT STEPPING BACK ON LEFT □ [9]

1 & 2 Step R Fwd (1), Step L Behind R (&), Step R Fwd (2) □ 6
3 4 Step L Slightly Fwd (3), Make A Full Turn R, Keeping Weight On L Foot (4) □ 6
5 & 6 & Touch R Toe R (5), Step R Next To L (&), Touch L Toe L (6), Step L Next To R (&) □ 6
7 8 Cross R Over L (7), 1/4 Turn R Stepping Back On L (8) □ 9

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