

Sofia

COPPERKNOB
STEPSHEETS

拍數: 64
編舞者: Maryloo (FR) - August 2016
音樂: Sofia - Álvaro Soler

牆數: 4

級數: Easy Intermediate



Intro : 16 counts

S1: RIGHT HEEL GRIND, COASTER STEP, HEEL GRIND TURNING ¼ L., COASTER STEP

1-2 Dig R heel forward swivelling R toe to R (weight on R), step L slightly to side
3&4 Step R back, step L together, step R forward
5-6 Dig L heel forward swivelling L toe ¼ turn to L , step R slightly back
7&8 Step L back, step right together, step left forward (9.00)

S2: CROSS, HOLD, CROSS SHUFFLE, SIDE ROCK , BEHIND, SIDE, CROSS

1-2 Cross R over L, hold
&3&4 Step L to side, cross R over L, L to side, cross R over L
5-6 Rock L to side, recover on R
7&8 Sep L behind R, step R to side, cross L over R

RESTART here on wall 3 & 7

S3: SIDE, HOLD, TOGETHER, SIDE, TOUCH (TO RIGHT SIDE & TO LEFT SIDE)

1-2 Step R to side, hold
&3-4 Step L next to R, step R to side, touch L next to R
5-6 Step L to side, hold
&7 -8 Step R next to L, step L to side, touch R next to L

S4: R KICK BALL CHANGE, ROCKING CHAIR, STEP PIVOT ½ TURN L

1&2 R kick forward, ball step R next to L, step L next to R
3-6 Rock R forward, recover on L, rock R back, recover on L
7-8 Step R forward, pivot ½ turn to L (weight on L) (3.00)

S5: JUMP WITH FLICK, R SAILOR STEP, JUMP WITH FLICK, L SAILOR STEP ¼ TURN L

1-2 Jump R forward flicking L behind R leg, recover on L
3&4 Cross R behind L, step L slightly to side, step R slightly forward
5-6 Jump L forward flicking R behind L leg, recover on R
7&8 Cross L behind R making ¼ turn to L, step R slightly to side, step L slightly forward (12.00)

S6: STEP LOCK, STEP LOCK STEP (TO RIGHT AND LEFT DIAGONAL)

1-2 Step R forward to R diagonal, lock L behind R
3&4 Step R forward to R diagonal , lock L behind R, step R forward to R diagonal
5-6 Step L forward to L diagonal, lock R behind L,
7&8 Step L forward to L diagonal, lock R behind L, step L forward to L diagonal

S7: TOUCH FRONT, TOUCH SIDE, SWITCH LEFT, SWITCH RIGHT (2X)

1-2 Touch R forward, touch R to side
&3&4 Switch R together, touch L to side, switch L together; touch R to side
5-6 Touch R forward, touch R to side
&7&8 Switch R together, touch L to side, switch L together; touch R to side

S8: VINE TO RIGHT, TOUCH, ROLLING VINE TO LEFT (1/4, 1/2, 1/2), TOUCH

1-4 Step R to side, step L next to R, step R to side, touch L next to R
5-8 ¼ turn to L stepping L forward, ½ turn to L stepping R back, ½ turn to L stepping L forward, touch R next to left (9.00)

RESTART : on wall 3 & 7, after 16 counts

TAG : At the end of walls 1 & 4

1-4 Bumps (R.L.R.L.)

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