

Road Less Traveled

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Cara Schenk (USA) & Shelly Graham (USA) - August 2016
音樂: Road Less Traveled - Lauren Alaina : (Album: Lauren Alaina)



Alternate music: "Can't Stop the Feeling" by Justin Timberlake

Start on lyrics - 8 count intro - No Tags Or Restarts*

(*Option to teach with a Restart on Wall 4 after 16 counts)

HIP BUMPS, SKATE (R L), SKATE (R L) 1/4 TURN LEFT

- 1&2 Step on Right foot to slight Right front diagonal (1:00) and bump hips forward, back, forward (end with weight on Right foot)
3&4 Step on Left foot to slight Left front diagonal (11:00) and bump hips forward, back forward (end with weight on Left foot)
5,6 Skate Steps: Step out Right to Right side, Step Left out to Left side
7,8 Skate Steps while turning: Step out Right foot to Right side (making an 1/8 turn toward Left), Step out Left foot to Left side (making 1/8 turn toward Left) (9:00)

TRIPLE FORWARD (RLR, LRL), STEP OUT (R), POINT SIDE (L), CROSS, FULL TURN UNWIND LEFT

- 1&2 Step Right slightly forward, bring Left to center, step Right slightly forward (Right-Left-Right)
3&4 Step Left slightly forward, bring Right to center, step Left slightly forward (Left-Right-Left)
5,6 Step out Right to Right Side, Point out Left to Left side, keeping weight on Right
&7,8 Step Left to center and cross Right over Left, unwind full turn toward Left, keeping weight on Left (9:00)

(*Regional variation option – RESTART: Wall 4 after the first 16 counts)

SCISSOR STEPS, KICK BALL CHANGE TRAVELING BACKWARD X2

- 1&2 Rock Right side, recover on Left, cross Right over Left (Right-Left-Right)
3&4 Rock Left side, recover on Right, step Left to center, keeping weight on Left (Left-Right-Left)
5&6, 7&8 Kick Right foot low in front, step down onto Right foot slightly backwards and lift Left foot slightly up from center bending at knee, change weight to Left foot (REPEAT) (9:00)

1/2 PIVOT X2, HEEL JACKS

- 1,2, 3,4 Right forward 1/2 pivot toward Left, change weight onto Left (X2)
&5&6 Step Right out to Right side, cross step Left behind Right, step Right out to Right side, place Left heel to □ Left side
&7&8 Step Left out to Left side, cross step Right over Left, step Left out to Left side, place Right heel to Right □ Side, keep weight on Left (9:00)

BEGIN AGAIN

Have Fun!

Please do not alter this step sheet in any way. If you would like to use it on your website, please make sure it is in it's original format and include all contact details on this script. Video rights assigned to choreographer.
*This dance may vary according to your region. Check with your club or instructor. Some instructors may wish to teach the original version (without the restart).

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