

Had Enough

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Frank Heelan (IRE) - September 2016
音樂: Blow Me (One Last Kiss) - P!nk : (Clean Version)



Intro: 16 Counts.

Sec. 1: Kick ball change, side rock recover, ball step, back. Coaster step.

1&2 Kick right forward, touch ball of right next to left, step on left.
3-4 Rock right to right, recover to left.
&5-6 Step ball of right next to left, step left to left, step back right.
7&8 Step back left, right together, forward left.

Sec. 2: Shuffle forward, pivot $\frac{1}{4}$, cross turn $\frac{1}{4}$, chasse turn $\frac{1}{4}$.

1&2 Forward right, left together, forward right.
3-4 Step forward left, pivot $\frac{1}{4}$ right,
5-6 Cross left over right, turn $\frac{1}{4}$ left stepping back on right (12.00)
7&8 Turn $\frac{1}{4}$ left stepping left to left, right together, left to left. (9.00)

Sec. 3: Rocking chair, step $\frac{1}{2}$ turn, shuffle forward.

1-2 Rock forward right, recover to left.
3-4 Rock back right, recover to left.
5-6 Step forward right, pivot $\frac{1}{2}$ left, (weight to left)
7&8 Forward right, left together, forward right. (3.00)

Sec. 4: Side behind, chasse $\frac{1}{4}$ turn, rock recover, $\frac{1}{2}$ turn right.

1-2 Step left to side, right behind.
3&4 Step left to left, right together, turn $\frac{1}{4}$ left stepping left forward.
5-6 Rock forward right, recover to left.
7-8 turn $\frac{1}{2}$ right stepping forward right, step forward left.

Restart: wall 5 after 8 counts. (12.00)

Tag & Restart on wall 10 after 8 counts (12.00)

Rocking chair, step $\frac{1}{2}$ turn, step $\frac{1}{2}$ turn.

1-2 Rock forward right, recover to left.
3-4 Rock back right, recover to left
5-6 Step forward right, pivot $\frac{1}{2}$ left.
7-8 Step forward right, pivot $\frac{1}{2}$ left.

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