

Lemonade

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jo Thompson Szymanski (USA) & Malene Jakobsen (DK) - September 2016
音樂: Lemonade (feat. Mike Posner) - Adam Friedman : (iTunes, amazon)



Intro: 16 counts

[1-8] □ SYNCOPATED VINE R, CROSSING TRIPLE, SYNCOPATED SCISSOR, DIAGONAL TAP, FORWARD / HIPS FORWARD, RECOVER/HIPS BACK

- 1-2& Step R to right (1); Step L behind R (2); Small step R to right (&)
3&4 Cross L over R (3); Step ball of R to right (&); Cross L over R (4)
&5-6 Step R to right side turning 1/8 left to face left diagonal (&); Step L beside R (5); Cross R over L (6) (10:30)
&7-8 Keeping body at angle - Tap ball of L forward (&); Step L further forward pushing hips forward (7); Recover weight back to R pushing hips back (8) (10:30)

[9-16] □ REPLACE/FLICK, STEP, FORWARD TRIPLE, 1/2 L CHASE TURN, FULL TURN R (OR WALK)

- 1 Turning 1/8 left to square up to 9:00, step L centered under body as you do a low flick back with R (1) (9:00)
2 Step R forward (2)
3&4 Step L forward (3); Step R to L heel (&); Step L forward (4)
5&6 Step R forward (5); Turn 1/2 left shifting weight to L (&); Step R forward (6) (3:00)
7 – 8 Turn 1/2 right stepping L back (7); Turn 1/2 right stepping R forward (8) (3:00)

Option: You may omit the turn on counts 7-8 by walking forward L, R.

[&17-24] □ 3/8 TURN R SYNCOPATED SCISSOR, DIAGONAL TRIPLE, CROSS ROCK, RECOVER, 1/8 TURN L SIDE, CROSS/SWEEP, CROSS

- &1-2 Turn 3/8 right stepping L to left (&); Step R beside L (1); Cross L over R (2) (7:30)
3&4 Traveling toward 7:30 – Step R forward (3); Step L to R heel (&); Step R forward (7:30)
5&6 Rock L forward (5); Recover back to R (&); Turn 1/8 left stepping L to left (6) (6:00)
7-8 Cross R over L as you sweep L around to the front (7); Cross L over R (8) (6:00)

[&25-32] □ SIDE, TOUCH, SIDE, TOUCH, & KICK BALL CROSS, 1/4 R BALL CROSS, 1/2 TURN L, STEP, 1/2 PIVOT TURN L

- &1 Step R to right/slightly back (&); Touch L beside R (1)
&2 Step L to left/slightly back (&); Touch R beside L (2)
&3&4 Step R to right (&); Kick L to left diagonal (3); Step ball of L back (&) Cross R over L (4)
&5 Turn 1/4 right stepping ball L to left (&); Cross R over L bending knees slightly (5) (9:00)
6 Turn 1/2 left stepping L forward (legs straighten) (3:00)
7 – 8 Step R forward (7); Turn 1/2 left shifting weight forward to L (8) (9:00)

BEGIN AGAIN! ENJOY!

***8 COUNT TAG:** After the 2nd repetition of the dance, you will be facing 6:00. Walk 6 steps in a full circle to the right (1-6), Press ball of R to right (7); Twist R heel out to right (&), Bring R heel back in (8).

#8 COUNT ENDING: After the last full repetition of the dance (at about 2:45 in the song) you will be facing 3:00 wall. Repeat counts &25-30 to be facing 12:00 – Then, press ball R to right (7), Twist R heel out to right (&); Bring R heel back end for a final pose (8).

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