

If You Believe In Love

COPPERKNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Micaela Svensson Erlandsson (SWE) - July 2016
音樂: Let's Get It On - Marvin Gaye : (Album: Remixed)



Intro: 32 counts

**** Dedication: To my husband Mikael "LD Crazy Mike" Erlandsson ****

Note: The rhythm is most often seen in a dance style called Chicago Steppin',

BACK, BACK, COASTER STEP, WALK, WALK, ANCHOR STEP

1-2& Step left back, step right back, step left back
3&4 Hold, step right together, step left forward
5-6& Step right forward, step left forward, cross/rock right behind
7&8 Hold, recover to left, step right back

SWAY, SWAY, HITCH, OUT-OUT, TOGETHER, CROSS, HEEL BUMPS X3, UNWINDING 1/2 LEFT

1-2& Rock left side and hip left, recover to right and hip right, hitch left
3&4 Hold, step left side, step right side
5-6& Step left together, cross right over, turn 1/8 left and bounce heels
7&8 Hold, turn 1/4 left and bounce heels, turn 1/8 left and bounce heels (weight to left)

ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

1-2& Rock right forward, recover to left, step right back
3&4 Hold, step left together, step right forward
5-6& Rock left forward, recover to right, step left back
7&8 Hold, step right together, step left forward

STEP, TURN 1/4 LEFT, RIGHT SAILOR STEP, PLACE HANDS ON OPPOSITE HIPS SWAYING, HIP ROLL

1-2& Step right forward, turn 1/4 left (weight to left), cross right behind
3&4 Hold, rock left side, recover to right
5-6 Rock left side and hip left (place right hand across to left hip), recover to right and hip right
(place left hand across to right hip)
7-8 Hold for 2 counts (roll hips right, ending weight to right)

REPEAT

Last Update – 18th Oct 2016