

Saving My Love

COPPERKNOB
BY STEPSHEETS

拍數: 68 牆數: 4 級數: Intermediate
編舞者: Linda Burgess (AUS) - September 2016
音樂: Saving All My Love (feat. Michelle Barnes) - Casey Barnes : (Album: Live as One)



Intro: 16 counts of the strong beat.

[1-8] □ □ HEEL STRUTS X 2, SAMBA CROSS, HEEL STRUTS X 2 SAMBA CROSS

1&2&3&4 R heel strut fwd, L heel strut fwd, rock/step R to R, replace weight to L, step fwd R
5&6&7&8 L heel strut fwd, R heel strut fwd, rock/step L to L, replace weight to R, step fwd L (12.00)

[9-16] □ □ FWD, REPLACE, ½ SHUFFLE BACK, R COASTER, STEP FWD, STEP FWD

1&2,3&4 Rock/step fwd R, replace weight to L, turn ½ R & step fwd R, turn ½ R & shuffle back L,R,L
5&6, 7,8 R coaster, cross/step fwd L, cross/step fwd R (12.00) (optional-flick foot to side before step fwd on walks)

[17-24] □ □ SHUFFLE ¼ L, PIVOT ½, STEP, PIVOT ¼, STEP, PIVOT ½ STEP

1&2,3&4 Step L to L, step R beside L, turn ¼ L & step fwd L, step fwd R, pivot ½ turn L, step fwd R (3.00)
5&6,7&8 Step fwd L, pivot ¼ turn R, step fwd L, step fwd R, pivot ½ turn L, step fwd R (12.00)

[25-32] □ □ SAMBA CROSS, SAMBA CROSS, BACK/SWEEP, BACK/SWEEP, COASTER ¼ L

1&2,3&4 Rock/step L to L, replace weight to R, cross/step L over R, rock/step R to R, replace weight to L, cross/step R over L
5,6,7&8 Step back L & sweep R anticlockwise, step back R & sweep L clockwise, L coaster turning ¼ L (9.00)

[33-40] □ □ HEEL, HOOK, HEEL, FLICK, SHUFFLE FWD, MAMBO ¼ L, CROSS SHUFFLE

1&2&3&4 Touch R heel fwd to R45, hook R onto L shin, touch R heel fwd to R45, flick R back with knee turned in towards L, shuffle fwd R,L,R
5&6,7&8 Rock/step fwd L, replace weight to R, turn ¼ L & step L to L, cross/step R over L, step L to L, cross/step R over L (6.00)

[41-48] □ □ SIDE/ROCK, REPLACE, BEHIND, SIDE, CROSS, SIDE/ROCK, REPLACE, BEHIND, ¼, FWD

1,2,3&4 Rock/step L to L, replace weight to R, cross L behind R, step R to R, cross/step L in front of R
5,6,7&8 Rock/step R to R, replace weight to L, cross R behind L, turn ¼ L & step fwd L, step fwd R (3.00)

[49-56] □ □ L45, HOOK, L45, FLICK, SHUFFLE FWD, MAMBO FWD, BACK, HEEL, BACK, HEEL

1&2&3&4 Touch L heel fwd to L45, hook L onto R shin, touch L heel fwd to L45, flick L back with knee turned in towards R, shuffle fwd L,R,L
5&6&7&8 Rock/step fwd R, replace weight to L, step back R, small step back on L, touch R heel fwd, small step back on R, touch L heel fwd (3.00)

[57-64] □ □ TGTHR, CROSS SHUFFLE, SIDE/ROCK, REPLACE, CROSS SHUFFLE, SIDE, CROSS, SIDE, HINGE ½ SIDE

&1&2 Step L beside R, cross/step R over L, step L to L, cross/step R over L
3&4&5&6 Rock/step L to L, replace weight to R, cross/step L over R, small step to R, cross/step L over R, small step to R, cross/step L over R
7,8 Step R to R, hinge ½ turn over L & step L to L side (9.00)

[65-68] □ □ STEP, SAMBA ½, STEP, SAMBA ½

1&2,3&4 Step fwd R (1), step fwd L (&), ½ turn R (weight R)(2) , step fwd L (3), step fwd R (&), pivot ½ turn L (weight L)(4). (9.00)

Begin again!!

Restarts: □ Wall 2. (9.00) Dance counts 1-34&, **then add the following , and restart facing back. (6.00)

1&2& Touch R heel fwd to R45, hook R under L shin , touch R heel fwd to R45, hook R under L shin.

Restarts: Wall 4. (300) Dance counts 1-48 then add the following and restart facing back. (6.00)

1&2&3&4 ¼ turn L & step fwd L, step R beside L, ¼ turn L & step fwd L, step R beside L, ¼ turn L & step fwd L, step R beside L, ¼ turn L & step fwd L. (optional- Circle R arm above head while shuffling around).

Ending: □ Dance counts 1-36, then step L beside R on (&), and big step/stomp fwd on R (arms out to sides)

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