

For Her

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Jamie Marshall (USA) - December 2016
音樂: For Her - Chris Lane



A. □SWAY, TRIPLE, TOUCH, NC2 BASIC, NC2 BASIC

1,2 Step R to R, swaying hips to R (1), Sway hips to L (2)
3&4& Step R to R (3), Step L next to R (&), Step R to R (4), Touch L next to R (&)
5,6& Step L to L (5), Rock R behind L (6), Slightly cross L over R (&)
7,8& Step R to R (7), Rock L behind R (8), Slightly cross R over L (&) (12:00)

B. □TURN ¼ R, SWAY, TRIPLE, TOUCH, NC2 BASIC, NC2 BASIC

1,2 Turn ¼ R, stepping L to L, swaying hips to L (1), Sway hips to R (2) (3:00)
3&4& Step L to L (3), Step R next to L (&), Step L to L (4), Touch R next to L (&)
5,6& Step R to R (5), Rock L behind R (6), Slightly cross R over L (&)
7,8& Step L to L (7), Rock R behind L (8), Slightly cross L over R (&) (3:00)

C. □SKATE, SKATE, DIAGONAL TRIPLE FORWARD, SKATE, SKATE, DIAGONAL □TRIPLE FORWARD

1,2 Skate R to R (1), Skate L to L (2) (2:30)
3&4 Step R diagonally forward R (3), Step L next to R (&), Step R diagonally forward R (4) (4:30)
5,6 Skate L to L (5), Skate R to R (6) (4:30)
7&8 Step L diagonally forward L (7), Step R next to L (&), Step L diagonally forward L (8) (2:30)

D. CROSS, STEP, TOGETHER, CROSS, STEP TOGETHER, ¼ TURNING JAZZ TRIANGLE

1&2 Cross R over L (1), Step L diagonally back (2:30) (&), Step R next to L (2) (2:30)
3&4 Cross L over R (3), Step R diagonally back (4:30) (&), Step L next to R (4) (4:30)
5,6 Cross R over L (5), Step L back, squaring up to 3:00 Wall (6)
7,8 Turn ¼ R, stepping R to R (7), Step L next to R (8)

TAG: 4 COUNTS: After Wall 2

TURNING JAZZ TRIANGLE

1,2 Cross R over L (1), Step L back, squaring up to 3:00 Wall (2)
3,4 Turn ¼ R, stepping R to R (3), Step L next to R (4)

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