

Toss & Turn

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gary Lafferty (UK) - December 2016
音樂: Shattered Dreams - Sergey Lazarev



Music Info: 32-count intro (No Tags, No Restarts)

S1: RIGHT KICK-BALL-STEP, ROCK FORWARD, RECOVER; TRIPLE ½ TURN, STEP FORWARD, ½ TURN

1&2 Kick Right foot forward, step down onto Right foot beside Left, step forward on Left foot
3-4 Rock forward on Right foot, recover weight back onto Left foot
5&6 Shuffle ½ turn back over Right shoulder on Right-Left-Right
7-8 Step forward on Left foot, pivot ½ turn to Right

S2: LEFT KICK-BALL-STEP, ROCK FORWARD, RECOVER; TRIPLE ½ TURN, STEP FORWARD, ½ TURN

1&2 Kick Left foot forward, step down onto Left foot beside Right, step forward on Right foot
3-4 Rock forward on Left foot, recover weight back onto Right foot
5&6 Shuffle ½ turn back over Left shoulder on Left-Right-Left
7-8 Step forward on Right foot, pivot ½ turn to Left

S3: RIGHT SIDE-SHUFFLE, ROCK BACK, RECOVER; STEP LEFT, HOLD, & STEP LEFT, HOLD

1&2 Step to Right on Right foot, step on Left foot beside Right, step to right on Right foot
3-4 Rock back on Left foot, recover weight onto Right foot
5-6 Step to Left on Left foot, hold
&7-8 Step on Right foot beside Left, step to Left on Left, hold

S4: & STEP LEFT, ¼ MONTEREY TURN; LEFT SAILOR STEP, RIGHT SAILOR STEP

&1 Step on Right foot beside Left, step to Left on Left
2-4 Point Right foot out to Right side, turn ¼ Right stepping down onto Right foot, point Left foot out to Left side
5&6 Cross-step Left foot beside Right, step to Right on Right foot, step to Left on Left foot
7&8 Cross-step Right foot beside Left, step to Left on Left foot, step to Right on Right foot

S5: TOUCH BEHIND, UNWIND ½ TURN, STEP FORWARD, ½ TURN; TRAVELLING HEEL GRINDS

1-2 Touch Left foot back behind Right, make ½ turn Left transferring weight onto Left foot
3-4 Step forward on Right foot, pivot ½ turn to Left
5-6 Touch Right heel forward with toes turned in, turn toes out taking weight onto full Right foot flat on floor
7-8 Touch Left heel forward with toes turned in, turn toes out taking weight onto full Left foot flat on floor

S6: ROCK FORWARD, RECOVER, FULL TRIPLE TURN; ROCK FORWARD, RECOVER, STEP BACK, TOUCH

1-2 Rock forward on Right foot, recover weight onto Left foot
3&4 Make a full triple turn in place over Right shoulder stepping Right-Left-Right
(or do a coaster step if you prefer)
5-6 Rock forward on Left foot, recover weight onto Right foot
7-8 Step back on Left foot, touch Right foot beside Left

START AGAIN