

Back On Her Feet

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Larry Bass (USA) - December 2016
音樂: Alright Already - Larry Stewart



SIDE TRIPLE STEP, ROCK STEP; LEFT JAZZ BOX

1&2 Triple step R, L, R to right
3-4 Rock L back; Recover forward to R
5-6 Step L across R; Step R back
7-8 Step L to left; Step R across L

SIDE TRIPLE STEP, ROCK STEP; RIGHT JAZZ BOX ¼ TURN POINT

1&2 Triple step L, R, L to left
3-4 Rock R back; Recover forward to L
5-6 Step R across L; Step L back
7-8 Turn ¼ turn right & step R forward; Point L to left

CROSS, POINT, CROSS POINT; FORWARD TRIPLE STEP, STEP, TOUCH

1-2 Step L forward; Point R to right
3-4 Step R forward; Point L to left
5&6 Triple step forward L, R, L
7-8 Step R forward; Touch L behind R

TRIPLE STEP BACK, TURN ½ TURN RIGHT & TRIPLE STEP FORWARD; OUT, OUT, HOLD HEEL BOUNCES

1&2 Triple step back L, R, L
& Turn ½ turn right
3&4 Triple step forward R, L, R
&5-6 Step L out to left, Step R out to right; Hold
&7&8 Lift & bounce heels twice

Begin Again

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