

Grey & Silver

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Rep Ghazali (SCO) - January 2017
音樂: Highs & Lows - Emeli Sandé



#8 count intro. Music Available on download from iTunes and Amazon

[01-08] R ROCK FWD-RECOVER, & L ROCK BACK-RECOVER, L FWD-½ PIVOT, L SHUFFLE FWD

1-2 rock forward Right, recover on Left
&3-4 step Right together, rock back Left, recover Right
5-6 step forward Left, ½ pivot turn Right
7&8 step forward Left, step Right together, step forward Left (6)

[09-16] R HEEL & L TOE, L FWD TOUCH-SIDE TOUCH, L SAILOR ½, R ROCK-RECOVER SWEEP

1&2 touch Right heel forward, step Right together, touch Left toe together
3-4 touch Left toe forward, touch Left toe to Left side
5&6 cross Left behind Right, make turn ½ Left step Right to Right, step Left to Left (12)
7-8 cross rock Right over Left, recover on Left and sweep on Right from front to back

[17-24] R BEHIND-L SIDE, R CROSS SHUFFLE, ¼ TURN R HITCH CROSS-SIDE, L CROSS SHUFFLE

1-2 step Right behind Left, step Left to Left side
3&4 cross Right over Left, step Left to Left side, cross Right over Left
5-6 ¼ turn Right hitch and cross Left over Right, step Right to Right side (3)
7&8 cross Left over Right, step Right to Right side, cross Left over Right

[25-32] BACK R-BACK L, R COASTER, L FWD-REVERSE ½ PIVOT, L ROCK BACK-RECOVER

1-2 step back Right (Left toe fan out as you step back on Right), step back Left (Right toe fan out as you step back on Left)
3&4 step back Right, step Left together, step forward Right
5-6 step forward Left, ½ turn Left by stepping back on Right (9)
7-8 rock back Left, recover on Right

[33-40] L FWD-R TOUCH, BACK-TOUCH-¼ TURN-TOUCH, R TRIPLE ½ TURN, L BACK-DRAG R

1-2 Left step forward, touch Right together
&3&4 Right step back, touch Left together, ¼ turn Left step Left to Left, touch Right together (6)
5&6 triple ½ turn Left by stepping Right-Left-Right (12)
7-8 big step Left, dragging Right towards Left (weight on Left)

[41-48] R KICK BALL SKATE, SKATE R-SKATE L, R FWD-¼ PIVOT TURN X2

1&2 kick Right forward, step back Right, skate forward Left
3-4 skate forward Right, skate forward Left
5-6 step forward Right, ¼ pivot turn Left (9)
7-8 step forward Right, ¼ pivot turn Left (6)

[49-56] R JAZZ BOX, R STEP SWEEP-L STEP SWEEP, R FWD-½ TURN

1-4 cross Right over Left, step back Left, step Right to Right side, cross Left over Right
5-6 step forward Right and sweep Left from back to front, step forward Left and sweep Right from back to front
7-8 step forward Right, ½ pivot turn Left (12)

[57-64] R FWD, L KICK BALL CHANGE, L CROSS-R BACK-½ TURN, FULL SPIRAL-L FWD

1-2&3 step forward Right, kick Left forward, step back Left, step forward Right
4-6 cross Left over Right, step back Right (stick your bump out), ½ turn Left stepping forward Left (6)

7-8 making spiral full turn Left as you step forward on Right ending with Left hooked across
Right, step forward Left (6)

Non turner for count 63 just walk forward Right
