

Sangria

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Lisa Bodnar (USA) - October 2015
音樂: Sangria - Blake Shelton
或: Runaway - Love and Theft



No Tags or Restarts

(1-8) VINE RIGHT, HEELS, HITCH

- 1-4 Vine R - step R foot out to R, step L behind, step R foot out to R and end with left heel down/toe up with a slight lean back
- 5 Step down on L, weight transfers to L
- 6 Switch to put R heel down/toe up
- 7 Step down on R (weight transfers to R)
- 8 Hitch left leg with a $\frac{1}{4}$ "slight face" to the left to wall (the wall off your left shoulder as you face front – you will be angled towards it)

(*Note – this is more of a slight facing of the wall to prep you for the rolling vine, not an actual turn.)

(9-16) $\frac{3}{4}$ ROLLING VINE TURN, ROCK STEPS

- 1-4 $\frac{3}{4}$ rolling vine turn to the L - L foot comes down on (1), R foot continues the spin to the left on (2), L foot continues down the line to finish up the turn(3) with a touch R next to L on (4) - you will end up facing the FRONT wall again.

(Considered a $\frac{3}{4}$ turn because of the slight face to the left wall)

- 5-6 R rock step forward, recover to L (can add a cha-cha style/hip sways off the following recovers to it to enhance it)
- 7-8 R rock step back and recover L

(17-24) SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK ROCK RECOVER

- 1&2 Shuffle forward R-L-R
- 3-4 Forward L rock step (can sway w/ hips to accentuate), recover on R
- 5&6 Shuffle back L-R-L
- 7,8 R rock step back (w/ hips sway to accentuate if desired), recover onto L

(25-32) STEP $\frac{1}{4}$ TURNS WITH HIP ROLLS, CROSS OVER, STEP TOUCH OUT, CROSS UNWIND $\frac{1}{2}$ TURN

- 1-2 Step R forward and $\frac{1}{4}$ turn L (with hip rolls as you turn)
- 3-4 Step R forward and $\frac{1}{4}$ turn again (with hip rolls as you turn - weight is on L)
- 5-6 Step cross R over L, step touch L out to the L
- 7-8 Step cross L over R (7); $\frac{1}{2}$ turn to the right by unwinding – conclude turn with weight on the left and a slight bend of the knee of the right leg with a slight lean back/weight transfer to the L on (8)

(You will be back facing the starting wall).

(33-40) DIAGONAL STEP TOGETHERS, STEP BACKS/KNEE POPS

- 1-2 Step R forward and slightly right diagonal ; step L together with R
- 3-4 Step R forward and slightly diagonal again; step L foot to touch next to R on (4) – (weight will be on R)
- 5-8 Step L foot back at a slight diagonal and quickly bring R to meet it with a R knee pop/bend (keep weight on L), step R foot back at a slight diagonal and quickly bring L to meet it with a L knee pop/bend (weight is on R), step L foot back again with the same motion and back to the R one more time. (Weight will be on RIGHT).

(41-48) STEP OUT w/ HIP SWAY, SAILOR SHUFFLES, CROSS BEHIND, UNWIND $\frac{1}{2}$ TURN.

- 1-2 Step out with L to the left and sway hips out to left (to follow the momentum), recover weight back to the right

- 3&4 Continue off the sway into a L sailor shuffle (L steps behind R, R step side right, L steps out to L)
- 5&6 Continue into a R sailor shuffle (R steps behind L, L step side L, R steps out to R – weight on R)
- 7-8 L leg crosses behind R leg (7) and unwind $\frac{1}{2}$ turn to left (8) - weight will end on LEFT.

Begin dance again.

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Contact: labodnar12@gmail.com
