

12 Steps of Love

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver / Intermediate
編舞者: Anikka Johansson (CAN) - January 2017
音樂: 12 Step Program (Of Love) - D.D. Alan : (amazon)



Intro: 32 counts (approx 12 sec). Start on lyrics.

Restart: Wall 5 after 16 counts.

[1-8] Toe heel sambas R and L.

1 2 3 & 4 Tap R toe and heel, cross RF over LF, step LF to L, step RF diagonally forward.
5 6 7 & 8 Tap L toe and heel, cross LF over RF, step RF to R, step LF diagonally forward, 1/4 turn to the L.

[9-16] RF and LF back, Rock/Recover, R half turn, L half turn.

1 2 3 4 Step back on RF, Step back on LF, Rock back on RF, recover LF.
5 6 7 8 Half turn step to R on RF, hold. Half turn step to R on LF, hold.

[17-24] Forward RF, LF Rock forward/recover, LF beside RF. RF: touch front, side, flick, 1/4 L.

1 2 3 4 Step forward on RF, LF rock forward, RF recover, LF beside RF.
5 6 7 8 RF: touch front, side, flick behind L leg and touch with L hand, 1/4 turn to L on RF

[25-32] Behind, side, heel dig. Half turn 2x to R.

1 2 3 4 Step Lf behind RF, step RF to R side, LF heel dig, hold.
5 6 7 8 Half turn to R on LF, hold. Half turn to R on LF, hold.

[33-40] Rocking chair, Lock step diagonal.

1 2 3 4 Rock forward on LF recover, rock back on LF recover.
5 6 7 8 Step LF forward diagonally, bring RF behind LF, step LF forward, hold.

[41-48] Mambo 1/4 turn R & L.

1 2 3 4 Rock RF forward, recover LF, Step RF 1/4 turn to the right, hold.
5 6 7 8 Cross rock LF over RF, recover on RF, LF 1/4 turn to the left, hold.

Restart on Wall 5: begin facing 12:00, dance first 12 counts to face 9:00, replace 2 half turns with 4 walks forward.

Thank you to Karen Hedges for holding this Choreography Contest!
Thanks to my Mom for encouraging me to enter!
Everybody Dance Now !!

Contact: thejohanssons@shaw.ca