

Stone in My Pocket

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2016
音樂: Stone In My Pocket - Olivia Newton-John, Amy Sky & Beth Nielsen Chapman



Start after 16 count intro – 105bpm – 3mins 21secs

Music Available from Amazon

[1-8] Skate fwd R/L, R shuffle fwd, L cross modified jazz box

1-2 Skate R forward, skate L forward
3&4 Step R forward, step L together, step R forward
5-6 Cross step L over R, step R back
&7-8 Step L back, cross step R over L, step L side

ENDING: Final wall facing back, dance up to count 7 then unwind to face front

[9-16] R back rock/recover, R chassé, ¼ L reverse pivot, R cross shuffle

1-2 Rock R back, recover weight on L
3&4 Step R side, step L together, step R side
5-6 Touch L back, turning ¼ left step L down (9 o'clock)
7&8 Cross step R over L, step L side, cross step R over L

[17-24] L side rock/recover, L behind, R side, cross L over R, R side rock/recover, ½ R sailor step

1-2 Rock L side, recover weight on R
3&4 Cross step L behind R, step R side, cross step L over R
5-6 Rock R side, recover weight on L
7&8 Turning ½ right step R back, step L together, step R forward (3 o'clock)

[25-32] L fwd rock/recover, ½ L shuffle fwd, ½ L shuffle back, L coaster step

1-2 Rock L forward, recover weight on R
3&4 Turning ½ left step L forward, step R together, step L forward (9 o'clock)
5&6 Turning ½ left step R back, step L together, step R back (3 o'clock)

Non-turning: L shuffle back, R shuffle back

7&8 Step L back, step R together, step L forward

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