

Lovesick

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Betsy Courant (USA) - April 2017
音樂: Lovesick - Jacob Whitesides



Dance starts on lyrics - SEQUENCE: A, B, A, B, A, TAG, B, B

PART A (48 counts)

A (1 – 8) R CROSS BALL STEP, L CROSS BALL STEP, WEAVE LEFT, HOLD (Shoulder pops)

- 1 & 2 1) Cross R over L, &) step L ball to left side, 2) step R to right side
3 & 4 3) Cross L over R, &) step R ball to right side, 4) step L to left side
5&6& 5) Cross R over L, &) step L to left side, 6) step R behind L, &) step L to left side
7&8 7) Cross R over L, &) lift left shoulder up, 8) drop left shoulder & lift right shoulder up

A (9 – 16) ROCK RECOVER CROSS, ¼ L BACK LOCK, ROCK RECOVER KICK OUT OUT, TOES HEELS

- 1 & 2 1) Rock L to left side &) recover R, 2) cross L over R
3 & 4 3) ¼ turn left step R back, &) cross L over R, 4) step R back - 9:00
5 & 6 5) Rock L back, &) recover R, 6) kick L foot forward
&7&8 &) Step L to left side, 7) step R to right side, &) turn toes in (heels out), 8) bring heels back to center

A(17 – 24) L SAILOR, R SAILOR ¼ RIGHT, HIP BUMP ½ TURN R, HIP BUMP ½ TURN R

- 1 & 2 1) Step L behind R, &) step R next to L, 2) step L to left side
3 & 4 3) Step R behind L, &) ¼ turn right recover L, 4) step R to right side - 12:00
5 & 5) ¼ turn right touch L to left side & bump hips left &) bump hips right
6 6) ¼ turn right recover back on L and bump hips back □ - 6:00
7 & 7) ¼ turn touch R to right side & bump hips right &) bump hips left
8 8) ¼ turn right recover forward on R and bump hips forward □ - 12:00

A(25 – 31) ROCK ¼ R CROSS, HOLD BALL CROSS, ROCK RECOVER CROSS, UNWIND ¼ L

- 1 & 2 1) Rock L forward, 7) ¼ turn right step R to right side, 2) cross L over R - 3:00
3 & 4 3) Hold, &) step R to right side, 4) cross L over R
5 & 6 5) Rock R to right side, &) recover L, 6) cross ball of R over L
7 7) Unwind ¼ turn left (quick sharp turn) stepping R slightly behind L - 12:00

A(32 – 39) MODIFIED BOTA FOGO WEAVE, R COASTER STEP

- 8 & 1 8) Cross L over R, &) 1/8 turn left step R back, 1) step L back hitch R knee up - 10:30
2 & 3 2) Step R behind L, &) ¼ turn left step L to left side, 3) step R forward hitch L knee up - 7:30
4 & 5 4) Cross L over R, &) ¼ turn left step R to right side, 5) step L back hitch R knee up - 4:30
6 & 7 6) Step R back, &) 1/8 turn left step L next to R, 7) step R forward - 3:00

A(40 - 48) L FWD MAMBO, R BACK MAMBO, ROCK ¼ R FWD, CHASE TURN L WITH FLICK, STEP

- 8 & 1 8) Step L forward, &) recover R, 1) step L next to R
2 & 3 2) Step R back, &) recover L, 3) step R next to L
4 & 5 4) Rock L to left side, &) ¼ turn right step R to right side, 5) step L forward - 6:00
6&7 6) Step R forward, &) ½ turn left step L forward, 7) step R forward as you flick L foot back ** - 12:00
8 Step L forward

** TAG: at the end of Part A on wall 3, dance up to count 47 then repeat the last 2 sections of Part A (counts 32–48)

PART B (32 counts)

B1: WALK RL, SHUFFLE FORWARD, BALL STEP, CROSS SIDE, BEHIND, ¼ R

- 1 – 2 Walk forward R L
3 & 4 3) step R forward, &) step L next to R, 4) step R forward
& 5 &) step L to left side, 5) step R to right side
678& 6) cross L over R, 7) step R to right side, 8) step L behind R, &) ¼ right step R forward

B2: FULL CHASE TURN R, BACK R L, R COASTER STEP, OUT OUT IN, KNEE POP

- 1&2 1) Step L forward, &) ½ turn right step R forward, 2) ½ turn right step L back slightly behind R - 3:00
3 – 4 3) Step R slightly behind L, 4) step L slightly behind R
5&6 5) Step R back, &) step L next to R, 6) step R forward
&7& &) Step L to left side, 7) step R to right side, &) step L next to right
8& 8) pop knees out to sides, 7) bring knees back together as you pop L knee forward

B3: WALK LR, SHUFFLE FORWARD, BALL STEP, CROSS, SIDE, ROCK BACK, RECOVER, FWD, RECOVER

- 1 – 2 Walk forward L R
3 & 4 3) step L forward, &) step R next to L, 4) step L forward
& 5 &) step R to right side, 5) step L to left side
6 – 7 6) cross R over L, 7) step L to left side
8&1& 8) Rock R back, &) recover L, 1) rock R forward, &) recover L

B4: TOUCH R BACK, ¼ TURN R WITH HIP ROLL, HEEL HEEL BACK CROSS OUT PELVIC THRUST

- 2 – 4 2) touch R toe back, 3) ¼ turn right as you roll R hip out & step R, 4) touch L next to R - □6:00
5&6& 5) Step L heel to left diagonal, &) step R heel to right diagonal, 6) step back L, &) cross R over L
7&8 7) Step L to left side, &) push pelvic forward, 8) pull back (option: hip bump or knee pops if you prefer)
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