

My Gospel

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Stella Kim (KOR) - April 2017
音樂: My Gospel - Charlie Puth



Intro: 16 counts

SEC 1: SIDE, BACK ROCK, RECOVER, FORWARD, FORWARD, 1/2 R BACK AND SWEEP, BACK, TOGETHER, FORWARD ROCK, RECOVER

1-2& RF side, LF back rock, RF recover
3-4 LF forward, RF forward
5 1/2 turn R with □LF back and RF sweep form front to back
6&7-8 RF back, LF beside RF, RF forward rock, LF recover(6:00)

SEC 2: COASTER STEP, FORWARD LOCK STEP, 1/4 L WITH SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS

1&2 RF back, LF beside RF, RF forward
3&4 LF forward, RF behind lock LF, LF forward
5&6 1/4 turn L with RF side rock, LF recover, RF cross over LF
&7-8 LF side rock, RF recover, LF cross over RF(3:00)

SEC 3: 1/4 L BACK AND SWEEP, 1/2 L FORWARD AND SWEEP, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS SHUFFLE

1-2 1/4 turn L with RF back and LF sweep(9:00), 1/2 turn L with LF forward and RF sweep form back to front(6:00)
3-4& RF cross rock over LF, LF recover, RF side
5-6& LF cross rock over RF, RF recover, LF side
7&8 RF cross over LF, LF side, RF cross over LF(6:00)

SEC 4: 1/4 L WITH FORWARD, BACK ROCK, RECOVER, FORWARD SHUFFLE, 1/4 R WITH SIDE SWAY, SIDE, TOGETHER, SIDE SWAY, SIDE SWAY

1-2& 1/4 turn L with LF forward, RF back rock, LF recover
3&4 RF forward, LF beside RF, RF forward
5-6& 1/4 turn R with LF side sway, RF side, LF beside RF
7-8 RF side sway, LF side sway(6:00)

SEC 5: 1/4 R WITH FORWARD, 1/2 R WITH BACK, 1/4 R WITH SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, HOLD, BALL CROSS

1-2 1/4 turn R with RF forward, 1/2 turn R with LF back
3-4 1/4 turn R with RF side rock, LF recover
5&6 RF cross behind LF, LF side, RF cross over LF
7&8 hold, LF side, RF cross over LF(6:00)

SEC 6: WALK AROUND 3/4 L, ROCKING CHAIR

1-4 LF walk, hold, RF walk, LF walk(while doing the 1-4 counts around 3/4 turn L)(9:00)
5-8 RF forward rock, LF recover, RF backward rock, LF recover(9:00) *restart here

SEC 7: SIDE ROCK(DIAGONAL UPPER BODY ROLL), SIDE ROCK(DIAGONAL UPPER BODY ROLL), SIDE SHUFFLE, SIDE ROCK (DIAGONAL UPPER BODY ROLL), SIDE ROCK (DIAGONAL UPPER BODY ROLL), SIDE SHUFFLE,

1-2 RF side rock with diagonal upper body roll(10:30), LF side rock with diagonal upper body roll(7:30)
3&4 RF side, LF beside RF, RF side

5-6 LF side rock with diagonal upper body roll(7:30), RF side rock with diagonal upper body roll(10;30)

7&8 LF side, RF beside LF, LF side

SEC 8: SAMBA WALK, 1/4 L WITH SAMBA WALK, SAMBA WALK, CROSS SHUFFLE

1&2 RF cross over LF, LF side rock, RF recover

3&4 LF cross over RF, 1/4 turn L with RF side rock, LF recover

5&6 RF cross over LF, LF side rock, RF recover

7&8 LF cross over RF, RF side, LF cross over RF(6:00)

RESTART: On the 1st wall, you should dance until 48 counts and then 1/4 turn L and start again(6:00)

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<http://www.youtube.com/user/thetrianglelinedance>
