

Pack A Suitcase

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - May 2017
音樂: Start Over - Zac Brown Band : (CD: Welcome Home)



Start after 12 counts after "darling" on the words "pack a suitcase" – approx. 6 secs – 121bpm – 4mins 13secs
Music available: Amazon

[1-8] L side, R back rock/recover, R chassé, L jazz box

1-3 Step L side, rock R back, recover weight on L
4&5 Step R side, step L together, step R side
6-8 Cross step L over R, step R back, step L side

[9-16] R cross, ½ R hinge, L fwd lock, R fwd rock/recover, step R back

1-3 Cross step R over L, turning ¼ right step L back, turning ¼ right step R side (6 o'clock)
4&5 Step L forward, lock R behind L, step L forward
6-8 Rock R forward, recover weight on L, step R back

[17-24] L back, R back rock/recover, R fwd lock, L fwd, R side point, cross

1-3 Step L back, rock R back, recover weight on L
4&5 Step R forward, lock L behind R, step R forward
6-8 Step L forward, point R side, cross step R over L

[25-32] R ½ hinge, L cross step, quick R side-together-fwd, slow L side-together-back

1-3 Turning ¼ right step L back, turning ¼ right step R side, cross step L over R (12 o'clock)
4&5 Step R side, step L together, step R forward
6-8 Step L side, step R together, step L back

[33-41] R back rock/recover, R side, L behind-side-cross, R side rock/recover, ¼ R toaster

1-3 Rock R back, recover weight on L, step R side
4&5 Cross step L behind R, step R side, cross step L over R
6-7 Rock R side, recover weight on L
8&1 Turning ¼ right step R back, step L together, step R forward (3 o'clock)

[42-48] L fwd, ½ R pivot turn, L fwd, L full turn fwd/walk 2, R fwd, ¼ L pivot turn

2-4 Step L forward, pivot ½ right, step L forward (9 o'clock)
5-6 Turning ½ left step R back, turning ½ left step L forward (or walk fwd R,L),
7-8 Step R forward, pivot ¼ left (6 o'clock)

[49-57] R cross, sway 2, modified L sailor, R fwd, ½ L pivot turn, ½ L back cha

1-3 Cross step R over L, sway left, sway right (weight ending on R)
4&5 Cross step L behind R, step R side, step L forward
6-7 Step R forward, pivot ½ left (12 o'clock)
8&1 Turning ½ left step R back, step L together, step R back (6 o'clock)

[58-64] L back rock/recover, L fwd cha, R side rock/recover, R cross

2-3 Rock L back, recover weight on R
4&5 Step L forward, step R together, step L forward
6-8 Rock R side, recover weight on L, cross step R over L

Website: www.thedancefactoryuk.co.uk - Email: info@thedancefactoryuk.co.uk

Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P

