

So Proud Of You

COPPERKNOB
BY STEPSHEETS

拍數: 84 牆數: 2 級數: Phrased Intermediate
編舞者: Salfoo (MY) & Tony Lo (INA) - July 2017
音樂: I'm so Proud of You - Shayne Ward



Start : 5 x 8 Counts + 4 Counts □□□□□□

Sequence: A A A B A A B B A A B B A -□□□□□

*** NO TAGS, NO RESTARTS□□□□□□

Part A□□□□□□□□□□

[01-08] □FORWARD, POINT, FORWARD, POINT, ROCKING CHAIR□□□□□□

1-2 3-4 Step Forward On Right, Point Left To Left, Step Forward On Left, Point Right To Right

5-6 7-8 Step Forward On Right, Recover Onto Left, Step Backward On Right, Recover Into Left

[09-16] □FORWARD SHUFFLE, FORWARD SHUFFLE, SIDE BALL STEP, 1/4 L SIDE BALL STEP
□□□□

1&2 Step Forward On Right, Close Left Beside Right, Step Forward On Right

3&4 Step Forward On Left, Close Right Beside Left, Step Forward On Left

(Travelling Forward)□□□□□□

5&6 Step Right To Right, Step Left Beside Right, Step Down On Right

7&8 Make 1/4 L Turn Step Left To Left, Step Right Beside Left, Step Down On Left

Ending: Change Steps on 7&8: Make 1/2 Turn Left, Step Left To Left, Step Right Beside Left, Step Down On Left & Strike A Pose□□

[17-24] □SKATE RIGHT, SKATE LEFT, CHASSE, SKATE LEFT, SKATE RIGHT, CHASSE □□□□

1-2 3&4 Skate Right To Right, Skate Left To Left, Step Right To Right, Close Left Beside Right, Step Right To Right

5-6 7&8 Skate Left To Left, Skate Right To Right, Step Left To Left, Close Right Beside Left, Step Left To Left

[25-32] □HEEL, RECOVER, 1/4 L, RECOVER, TOE STRUTS□□□□□□□□

1-2 3-4 Forward On Right Heel, Recover Onto Left, Make 1/4 L Stepping Back On Right, Step Forward On Left

5-6 7-8 Touch Right Toe Beside Left, Drop Right Heel, Touch Left Toe Beside Right, Drop Left Heel

Part B□□□□□□□□□□□□□□□□

[01-08] □KICK BALL CHANGE, MONTEREY 1/2 TURN, POINT, TOGETHER, POINT, HOLD□□□□

1&2 Kick Forward On Right, Step Ball of Right Foot, Step Left Foot In Place

3-4 Point Right To Right, Make a 1/2 Turn Right Step Right Close To Left

5-6 Point Left To Left, Close Left Beside Right

7-8 Point Right To Right, Hold

[09-16] □RIGHT SAILOR STEP, LEFT SAILOR STEP, FORWARD SHUFFLE, FORWARD SHUFFLE□□□□

1&2 Cross Right Behind Left, Step Left To Left, Step Right To Right

3&4 Cross Left Behind Right, Step Right To Right, Step Left To Left

5&6 Step Forward On Right, Close Left Beside Right, Step Forward On Right

7&8 Step Forward On Left, Close Right Beside Left, Step Forward On Left

[17-24] □JAZZ BOX (x2)□□□□□□□□

1-2 3-4 Cross Right Over Left, Step Back On Left, Step Right To Right, Step Left

Forward□□□□□□□□

5-6 7-8 Cross Right Over Left, Step Back On Left, Step Right To Right, Step Left Forward

[25-32] WALK, WALK, FORWARD, PIVOT 1/2 TURN LEFT□□□□

FORWARD, POINT, FORWARD, POINT□□□□

1-2 3-4 Step Forward On Right, Step Forward On Left, Step Forward On Right, Make A 1/2 Turn Left

5-6 7-8 Step Forward On Right, Point Left To Left, Step Forward On Left, Point Right To Right

[32-40] POINT FORWARD, POINT RIGHT, COASTER STEP, POINT FORWARD, POINT RIGHT, COASTER STEP□□□□

1-2 Point Right Forward, Point Right To Right,

3&4 Step Backwards On Right, Step Left Together, Step Forward On Right

5-6 Point Left Forward, Point Left To Left,

7&8 Step Backwards On Left, Step Right Together, Step Forward On Left

[41-48] TOE STRUT FORWARD, TOE STRUT FORWARD, TOE STRUT BACKWARD, TOE STRUT BACKWARD□□□□

1-2 3-4 Touch Right Toe Forward, Drop Right Heel, Touch Left Toe Forward, Drop Left Heel

5-6 7-8 Touch Right Toe Backward, Drop Right Heel, Touch Left Toe Backward, Drop Left Heel

[49-52] OUT, OUT, IN, IN□□□□□□

1-2 3-4 Step Right Out To Right, Step Left Out To Left, Step Right Backward, Step Left beside Right

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