

She's On My Mind

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Advanced
編舞者: Gemma Ridyard (UK) - August 2017
音樂: She's On My Mind - JP Cooper



(1 Tag end of wall 1 + 1 hold)

S1: Cross Back drag, ball cross shuffle, swivel ½ ½, run around full turn L sweep

1 2& Cross LF over RF, big step back RF, close LF to RF
3&4 cross RF over LF, step LF to L side, cross RF over LF
5-6 swivel ½ turn L, swivel ½ turn R (weight ends on RF)
7&8 run around full turn L, stepping LRL, finishing sweeping RF from back to front
(optional arm R sweeps round a long side R to at shoulder height, index finger pointed forward)

S2: Cross ¼ ¼, heel & heel, step ½ step, full turn forward

1&2 Cross RF over LF, make a ¼ turn R step LF back, make a ¼ turn R step RF to R side
&3&4 flick L heel to L side, replace L heel, flick R heel to R side, replace heel
5-6 facing 7:30 step LF forward to diagonal, pivot ½ turn R, step LF forward (1;30)
7-8 Turn ½ turn L step RF back, turn ½ turn L step LF forward
(optional styling knees bending out and in)

S3: Ball Close cross, 3x twists L, hitch, step (hold or arm styling), step half cross

&1 2 step RF to R side, close LF next to RF, cross RF over LF
3&4 twist both heels L, twist both toes L, twist both heels L as you hitch up R knee
5-6 step RF to R side (bring both hands to prayer) hold (twist hands as if rubbing together R fingers finish facing L side towards L wrist, L fingers finish facing R towards R wrist)
7&8 step L forward pivot ½ turn R, weight on R, cross LF over RF

S4: Rock Hips forward, back, forward, back, and then syncopated hip rocks (optional arms)

1-2 Rock R hip forward (reaching R arm to side) rock L hip back (reach L arm to L side)
3-4 Rock R hip forward (reaching R & L arm down) rock L hip back (reach L & R arm above head)
5&6& quick rocks, R hip forward (5) L hip back (&) R hip forward (6) L hip back (&)
7&8& R hip forward (7) L hip back (&) R hip forward (8) L hip back (&)
(optional styling both arms drizzle down body) angling towards(7:30)

S5: ¼ diamond turn L, step ½ step, ½ ½, boogie walks

1&2 cross LF over RF, step RF to R side, step LF behind R
3&4 make a 1/8 turn L cross RF behind LF, step LF to LF side, make an 1/8turn L step RF forward (5:30)
5&6 step LF forward pivot ½ turn R, transfer weight to RF ,step LF forward
7&8& turn a ½ turn L step RF back, turn ½ turn L step LF forward, walk R, walk L (boogie walks)

S6: Cross, side rock cross, drag, cross ¼, ¼ point & point

1&2& cross RF over LF, rock LF to L side, replace weigh to RF, cross LF over RF
3 4 step RF big step to R side, dragging LF toward RF L toes lifted
&5 6 close LF to RF, cross RF over LF, make a ¼ turn R step LF back
&7&8 ¼ turn R close RF next to LF, point L toe to L side, step LF next to RF, point R toe to R side
(Wall 3: Bridge – close RF next to LF HOLD 2 counts)

S7: Body Roll L x 2, side hold heel lift, ½ hinge hold heel lift

1 2& step LF to L side beginning a body roll head to toes, continue body roll closing RF to L, step LF to L side

- 3 4 step LF to L side beginning a body roll head to toes, continue body roll closing RF to L, step LF to L side
- 5&6 step RF to R side, lift both heels, replace both heels
- 7&8 Hinge ½ turn R stepping LF to L side, lift both heels, replace both heels

S8: Hitch close point touch, scuff hitch step, syncopated jazz boxes, samba ¼ turn

- 1&2& hitch R knee, step RF next to LF, point L toe to L side, touch L toe next to R
- 3&4 scuff LF forward, hitch L knee, step LF forward to L diagonal
- 5&6& cross RF over LF, make a ¼ turn R step LF back, step RF to R side, step LF forward
- 7&8 cross RF over LF, make a ¼ turn R rocking LF to L side, step RF to R side

Tag: end of wall 1

Ball step, knee twist, body roll, cross out out, strobe arms

- &1 2 step ball on LF next to RF, step RF to R side twisting R knee in towards L, twist R knee out
- 3-4 closing RF next to LF body roll over 2 counts, weight finishing on RF
- 5&6 cross LF over RF, step RF back, step LF to L side
- 7&8& arms forward in front of face R arm behind L making an X shape, switch arms forward in front of face L arm behind R making an X shape, R hand to R shoulder L hand to L shoulder, throw R arm to R side L arm to L side as you step RF to R side
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