

In my Soul

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Low Intermediate
編舞者: Irene Ottello (IT) - January 2018
音樂: Gotta Lot of Rhythm in My Soul - Niamh Lynn



start on 'I'

TOE TOUCH, SAILOR STEP, MAMBO STEP, COASTER STEP

1&2 touch R toe to side, touch R toe beside L, touch R toe to side
3&4 right sailor step
5&6 rock left fwd, recover on right, step left back
7&8 step right back, step left beside right, step right fwd

TOE TOUCH, SAILOR STEP, MAMBO STEP, COASTER STEP

1&2 touch L toe to side, touch L toe beside R, touch L toe to side
3&4 left sailor step
5&6 rock right fwd, recover on left, step right back
7&8 step left back, step right beside left, step left fwd

MONTEREY ½ TURN, ROCK BACK JUMP, STOMP, KICK HOOK, KICK, FLICK, STEP LOCK STEP, SCUFF

1&2& point R to side, ½ turn R step R beside left, point L to left side, step L beside R
3&4 rock R back, recover on L, stomp R beside L
5&6& kick L fwd, hook L over R, kick L fwd
7&8 step left fwd, lock right behind, step left fwd

SIDE, CROSS, SIDE, PIVOT ½ TURN, SIDE AND CROSS, SWIVEL HEELS

1&2 step right to right, cross left behind, step right to right
3&4 step left fwd, ½ turn right, step left fwd
5&6 step right to right, step left together, cross right over left
7&8 ½ turn L swivel both heels to R, return to center, swivel both heels to R (weight on L)

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