

Only On My Memory

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Low Intermediate
編舞者: Ángeles Mateu Simón (ES) - March 2018
音樂: Gentle On My Mind - The Band Perry



S1: SIDE, TOGETHER, SHUFFLE, SIDE TOGETHER SHUFFLE

- 1 - Step with right foot to the side
- 2 - Left foot next to the right
- 3 - Forward step with right foot
- & - Left foot next to the right
- 4 - Step forward with right foot
- 5 - Step with left foot to the side
- 6 - Right foot next to the left
- 7 - Step behind with left foot
- & - Right foot next to the left
- 8 - Step behind with left foot

S2: ROCK, KICK BALL STEP, STEP, STEP, KICK BALL STEP

- 1 - Rock behind with right foot
- 2 - Recover weight on left foot
- 3 - Kick forward with right foot
- & - Right foot next to the left
- 4 - Step forward with left foot
- 5 - Step forward with right foot
- 6 - Step forward with left foot
- 7 - Kick forward with right foot
- & - Right foot next to the left
- 8 - Step forward with left foot

S3: ROCK, CROSS SUFFLE, ROCK, CROSS SHUFFLE

- 1 - Rock with right foot to the side
- 2 - recover weight in left foot
- 3 - Cross right over left
- & - Step with left foot to the side
- 4 - Cross right over left
- 5 - Rock with left foot to the side
- 6 - Regain weight in right foot
- 7 - Cross left over right
- & - Step with right foot to the side
- 8 - Cross left over right

S4: SWAY, SWAY, CHASSE ¼, STEP, TURN ¼, CROSS SUFFLE

- 1 - Step with right foot to the side swinging the hips to the right
- 2 - Balancing the hips to the left
- 3 - Step with right foot to the side
- & - Left foot next to the right
- 4 - Step forward with right foot turning ¼ turn to the right
- 5 - Step forward with left foot
- 6 - Turn ¼ turn to the right
- 7 - Cross left over right
- & - Step with right foot to the side

8 - Cross left over right

REPEAT

TAG: At the end of the 2nd, 4th, 6th and 8th - we will do the following:....

- 1 - Rock with right foot to the side
- 2 - recover weight in left foot
- 3 - Cross right over left
- & - Step with left foot to the side
- 4 - Cross right over left
- 5 - Rock with left foot to the side
- 6 - Regain weight in right foot
- 7 - Cross left over right
- & - Step with right foot to the side
- 8 - Cross left over right

FINAL: Make the first 20 counts and step left with the left foot

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