

# Sanctify

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 0      級數: Intermediate  
編舞者: Gemma Ridyard (UK) - August 2018  
音樂: Sanctify - Years & Years



## S1: L step ½ step, R Syncopated Rocking Chair, R hitch ball step, R forward, ½ L step back, close R to L

1&2      Step L forward, pivot ½ turn R , step L forward  
3&4&      Rock R forward, replace weight to L, rock R back, replace weight forward to L  
5&6      Hitch R knee forward, step R next to L, step L forward  
7&8      step R forward, make a ½ turn R step L back, close R to L (12.00)

## S2: L Kick ball step, hold, knee pop, ½ turn L, ½ L step R back hitching L knee, hold, cross L behind, R to R side

1&2      Kick L forward, step L a small step back, step R forward  
3&4      hold, pop both knees forward lifting both heels, drop both heels straighten knees  
5 6      Turn a ½ turn L stepping L forward, turn a ½ turn L step R back as you hitch L knee  
7&8      hold, cross L behind R, step R to R side

## S3: L cross ¼ R step back step L to L, hold, knee pop, run run, touch L back, ½ look L, ½ L R

1&2      Cross L over R, make a ¼ turn L step R back, step L to L side  
3&4      Hold, pop both knees forward lifting both heels throwing both arms forward from hip height, drop both heels straighten knees  
5&6      Step L back, Step R back, touch L toe back stacking arms in front of chest R under L  
7 8      Keeping arms folded, unwind ½ turn L transfer weight to L, unwind ½ turn R transfer weight to R

## S4: Hitch step with arm circle, Reach R Reach L pull in, bounce heels ½ turn R, step L forward, hold (Arm styling)

1 2      Hitch L knee out as you circle arms out and over head (1) cross L over R bending knees and stacking arms R under L (2)  
3&4      Keeping knees bent reach R arm forward (3) reach L arm forward (&) pull both hands in to hip height in fists (4)  
5&6      Bouncing both heels x3 make a ½ turn R  
7 8      Step L forward as you bring L hand to chest bone (think about praying) as R hand crosses L back of hands are together (7) bring R hand to L in a pray position

**\*Restart here with step change on wall 5 dance up to count 6 - on count 7 make a ¼ turn R touch L next to continue with pray hand\***

## S5: Step R to R diagonal, step L to L diagonal, R triple step, Step L to L diagonal, step R to R diagonal, L triple step

1 2      Step R forward to R diagonal, step L forward to L diagonal  
3&4      step R to R corner, close L to R, step R to R corner  
5 6      Step L forward to L diagonal, step R forward to R diagonal  
7&8      step L to L corner, close R to L, step L to L corner

**\*styling bend knees arms press out wide slowly from the pray position \***

## S6: Turning back R triple ¾ turn, turn ½ L cross shuffle, triple step full turn R, close L to R reach R arm up pull down to pray

1&2      Triple turn back over R shoulder (R,L,R) (12.00)  
3&4      make a ½ L cross L over R, step R to R side, cross L over R  
5&6      Triple full turn back over R shoulder  
7 8      Close L to R as you reach R arm above head in a pray (7) bring R hand down to chest height (8)

Happy Dancing!

Love Gem XOXO

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