

Cornbread Fed

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: High Intermediate ECS
編舞者: Carolyne SABATIER (FR) - July 2018
音樂: Cornbread Fed - Milton Patton



Count In: Start 16 counts

[1-8] Heel Grind ¼ turn R- Coaster R- Rock L Forward- Full Triple Back

1 2 Dig R heel forward (1), ¼ turn R weigh on L foot (2) 03.00
3&4 step back on R (3), L beside R (&), step R forward (4) 03.00
5 6 Rock L forward (5), recover weigh on R (6) 03.00
7&8 ½ turn L step L forward (5), ½ turn L step back on R (&), ½ turn L step L forward (6) 09.00

Restart here at the 3th repetition (facing 3:00)

[9-16] ¼ Turn L Side R Step- Touch L- Kick Ball Cross- Side Rock L- Behind Side Cross

1 2 ¼ turn L side R step (1), touch L beside R (2) 06.00
3&4 Kick L on diagonal (3), ball step on L (&), cross R over L (4), 06.00
5 6 Side L rock (5), recover weight on R (6) 06.00
7&8 cross L behind R (7), side R step (&), cross L over R (8), 06.00

[17-24] Side Rock R- ¼ turn R Back Rock R- 2 Pivot Half Turn

1 2 side R rock (1), recover weigh on L (2) 06.00
3 4 ¼ turn R back R rock (3), recover weigh on L (4), 09.00
5 6 step R forward (5), pivot half turn L (6) 03.00
7 8 step R forward (7), pivot half turn L (8) 09.00

Restart here at the 6th repetition (facing 6:00)

[25-32] Syncopated Rock R & L forward- Back Step L & R- Coaster step

1 2 rock R forward (1), recover weigh on L (2) 09.00
&3 4 R next to L (&), rock L forward (3), recover weigh on R (4) 09.00
5 6 step back on L (5), step back on R (6) 09.00
7&8 step back on L (7), R beside L (&), step L forward (8) 09.00

[33-40] Step Forward R- ½ Turn R step Back L- Triple Back- Rock Back- Triple Forward

1 2 Step R forward (1), ½ turn R step back on L 03.00
3&4 step R back (5), L beside R (&), step R back (4) 03.00
5 6 rock back on L (5), recover weigh on R (6) 03.00
7&8 step L forward (7), R beside L (&), step L forward (8) 03.00

[41-48] Kick R Ball Point L- Kick L ball Point R- Jazz Box Cross

1&2 Kick R forward (1), ball step on R (&), L side touch (2) 03.00
3&4 kick L forward (3), ball step on L (&), R side touch (4) 03.00
5 6 cross R over L (5), L back step (6) 03.00
7 8 side R step (7), cross L over R (8) 03.00

[49-56] Side Hold- Ball Side Touch- Rolling Vine With Triple

1 2 Stomp R (1), Hold (2) 03.00
&3 4 ball step on L (&), side step on R (3), touch L beside R (4) 03.00
5 6 ¼ turn L step L forward (5), ½ turn L step R back (6) 12/6
7&8 ¼ turn L side L step (7), R beside L (&), side L step (8) 03.00

[57-64] Cross- Point – Back Together- Triple Forward- ½ pivot L

1 2 cross R over L (1), side L point (2) 03.00

3 4 step L back (3), R beside L (4) 03.00
5&6 step L forward (1), R beside L (&), step L forward (6) 03.00
7 8 step R forward (7), pivot half turn L (8) 09.00

HAVE A GOOD FUN.....ENJOY!!!!

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