

Relapse

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Linda Pink (AUS) - October 2018
音樂: Relapse - Jessica Meuse : (Album: Halfhearted)



Introduction: 16 Counts - Min 4:31

EXTENDED VINE RIGHT, SIDE SHUFFLE, BACK, ROCK

1,2 Step R to the side, Step L behind R
3,4 Step R to the side, Step L across R
5&6 Side Shuffle Right: R,L,R
7,8 Step L behind R, Rock weight forward onto R 12

EXTENDED VINE LEFT, SIDE SHUFFLE, BACK, ROCK

1,2 Step L to the side, Step R behind L
3,4 Step L to the side, Step R across L
5&6 Side Shuffle Left: L,R,L
7,8 # Step R behind L, Rock weight forward onto L 12

SIDE, TOUCH, SIDE, TOUCH, SIDE, TOGETHER STEP FORWARD, TOUCH

1,2 Step R to the side, Touch L next to R
3,4 Step L to the side, Touch R next to L
5,6 Step R to the side, Step L next to R
7,8 Step R forward, Touch L next to R 12

SIDE, TOUCH, SIDE, TOUCH, SIDE, TOGETHER, STEP FORWARD, TOUCH

1,2 Step L to the side, Touch R next to L
3,4 Step R to the side, Touch L next to R
5,6 Step L to the side, Step R next to L
7,8 Step L forward, Touch R next to L 12

PADDLE TURN, PADDLE TURN, JAZZ BOX

1,2 Paddle Turn: Step R forward, Turn $\frac{1}{4}$ Left take weight onto L 9
3,4 Paddle Turn: Step R forward, Turn $\frac{1}{4}$ Left take weight onto L 6
5,6 Jazz Box: Step R across in front of L, Step L back
7,8 Step R to the side, Step L forward

K STEP

1,2 Step R fwd at 45 deg Right, Touch L next to R
3,4 Step L back to the Centre, Touch R next to L
5,6 Step R back at 45 deg Right, Touch L next to R
7,8 Step L fwd to the Centre, Touch R next to L

PADDLE TURN, PIVOT TURN, TOE STRUT, TOE STRUT

1,2 Paddle Turn: Step R forward, Turn $\frac{1}{4}$ Left take weight onto L 3
3,4 Pivot Turn: Step R forward, Turn $\frac{1}{2}$ Left take weight onto L 9
5,6 Toe Strut: Step R toe forward, Drop R heel
7,8 Toe Strut: Step L toe forward, Drop L heel

PIVOT TURN X 2, (ALT ROCKING CHAIR), HIP BUMPS X 4

1,2 Pivot Turn: Step R forward, Turn $\frac{1}{2}$ Left take weight onto L
3,4 Pivot Turn: Step R forward, Turn $\frac{1}{2}$ Left take weight onto L

5,6 Step R to the side Push hips to the Right, Push Hips Left
7,8 Push Hips Right, Push Hips Left 9

Restart: On wall 3 dance to Beat 16 (#) and restart facing 6 o'clock.

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