

SWEATIN' THE Small Stuff . .

(CONTRA)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Beginner
編舞者: Val Saari (CAN) - March 2019
音樂: Sweat (A La La La La Long) - Inner Circle



S1: TOE STRUT V-STEP/CLAP X 2

- 1&2& Touch RF toe diagonally forward (12:30), Step heel down, Touch LF toe diagonally forward (11:30), Step heel down
- 3&4& Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down/Clap hand (&)
- 5&6& Touch RF toe diagonally forward (12:30), Step heel down, Touch LF toe diagonally forward (11:30), Step heel down
- 7&8& Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down/Clap hands (&)

S2: DIAGONAL TOE-STRUTS FWD & BACK X 2 (RL)

- 1&2& Touch RF toes diagonally forward R (2:00) Step heel down, Touch LF toes forward, Step heel down
- 3&4& Touch RF toes diagonally back, Step heel down, Touch LF toes back, (adjust to face 12:00), Step heel down
- 5&6& Touch RF toes diagonally forward L (10:00) Step heel down, Touch LF toes forward, Step heel down
- 7&8& Touch RF toes diagonally back, Step heel down, Touch LF toes back, adjust to face 12:00), Step heel down

S3: WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

- 1-2 Walk forward R,L
- 3&4 Rock forward on RF, Recover LF, Step back on RF
- 5-6 Walk back L,R
- 7&8 Rock back on LF, Recover RF, Step LF beside R

S4: FWD KICKS (RL), FLICK RF/ KICK LF, HEEL SPLITS (OUT, IN, OUT),(IN, OUT, IN)

- 1&2& Kick RF forward, Step RF in place, Kick LF forward, Step LF in place
- 3&4& Flick RF heel back, Step RF in place, Kick LF forward, Step LF in place
- 5&6 Split both heels apart, close heels together, Split both heels apart, hold
- 7&8 Close heels together, Split both heels apart, Close heels together, hold

REPEAT - No Tags, No Restarts

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