

Psycho

COPPER KNOB
STEPSHEETS

拍數: 96
編舞者: Hege Langhelle (NOR) - May 2019
音樂: Sweet but Psycho - Ava Max

級數: Phrased Intermediate / Advanced



#32 count intro - Phrasing: A A B A A B A ½A B

A: 32 count

S1(1-8) side, hold, ball side, flick, toestrut, rock, fwd

1 2&3 4 Rf step R(1), hold(2), Lf step beside Rf(&), Rf step R(3), Lf flick behind Rf(4)
5 6&7 8 Ball of Lf to L(5), Lf drop heel(6), Rf rock back(&), recover to Lf(7), Rf step Fwd(8)

S2(1-8) step, hold, swivel, hook, step, step, hold, rock and cross.

1 2&3 4 Lf step fwd(1), hold(2), swivel heels to L(&), Lf hook in front of Rf(3), Lf step Fwd(4).
5 6&7 8 Rf step fwd(5), hold(6), rock Lf to L(&), recover to Rf(7), Lf cross in front of Rf(8).

Restart into B here

S3(1-8) side, hold, ball side, flick, side,hold, behind, ¼ step, begin Dorothy to R diag.

1 2&3 4 Rf step R(1), hold(2), Lf step beside Rf(&), Rf step R(3), Lf flick behind Rf(4).
5 6&7 8 Lf step L(5), hold(6), Rf step behind Lf(&), ¼ L Lf step fwd(7), 1/8 R Rf step Fwd(8).10.30

S4(1-8) continue Dorothy to R diag., ¼ L side, lock, step, lock, hold, step, lock, step.

1 2&3 4 Lf lock behind Rf(1), hold(2), Rf step fwd(&), ¼ L Lf fwd(3), Rf lock behind Lf(4). 7.30
5 6 7 Lf step fwd(5), Rf lock behind Lf(6), hold(7).
&8& Lf step fwd(&), Rf lock behind Lf(8), Lf step fwd(&), 1/8 turn L to start Again 6.00

B:64 counts

S1(1-8) Rock, weave, toestrut, coaster.

1 2 3&4 Rf rock R(1), recover to Lf(2), Rf step behind Lf(3), Lf step to L(&), Rf step in Front of Lf(4).
12.00
5 6 7&8 Ball of Lf to L(5), Lf drop heel(6), Rf step back(7), Lf step beside Rf(&),Rf step fwd(8).

S2(1-8) toestrut, rock, ¼ R step, dorothysteps.

1 2 3&4 ball of Lf fwd(1), Lf drop heel(2), Rf rock behind Lf(3), recover to Lf(&), ¼ R Rf step fwd(4).
3.00
5&6 Lf lock behind Rf(5), 1/8 R Rf step fwd(&), ¼ L Lf step fwd(6). 1.30
&7&8 Rf lock behind Lf(&), Lf step fwd(7), ¼ R Rf step fwd(&), Lf lock behind Rf(8)4.30

S3(1-8) rock, chasse, rock, coaster

1 2 3&4 Rf rock fwd(1), recover to Lf(2), 1/8 R Rf step R(3), Lf step beside Rf(&), Rf step R(4) 6.00
5 6 7&8 1/8 R Lf step fwd(5), recover to Rf(6), Lf step back(7), Rf step beside Lf(&),Lf step
fwd(8),7.30

S4(1-8) rock, behind, 3/8 L step, syncopated sailorsteps, 1/8 L, lock, step

1 2 3 4 Rf rock fwd(1), recover to Lf(2), Rf step behind Lf(3), 3/8 L Lf step fwd(4)3.00
5&6 Rf cross behind Lf(5), Lf step L(&), Rf step R(6)
&7& Lf cross behind Rf(&), Rf step R(7), Lf step to L diagonal(&) 1.30
8& Rf lock behind Lf(8), Lf step fwd(&)

S5(1-8) rock, slide,1/8 coaster, step, ¾ L

1 2 3 4 Rf rock fwd(1), recover to Lf(2), Rf slide back(3), hold(4)
5&6 Lf step back(5), Rf step beside Lf(&), 1/8 R Rf step fwd(6) 3.00
7 8 Rf step fwd(7), ¾ L step onto Lf(8) 6.00

S6(1-8) ¼ slide, coaster, rock, back ¼, ¼ turn L with knee pops

1 2 3&4 ¼ L Rf slide back(1), hold(2), Lf step back(3), Rf step beside Lf(&), Lf step fwd(4) 3.00
5 6 7&8 Rf rock fwd(5), recover to Lf(6), Rf step back pop L knee(7), ¼ L Lf step L(&), Rf step beside Lf pop L knee(8), ¼ L Lf step forward(&) 9.00

S7(1-8) rock, coaster, toetrut, mambo

1 2 3&4 Rf rock fwd(1), recover to Lf(2), Rf step back(3), Lf step beside Rf(&), Rf step fwd(4)
5 6 7&8 ball of Lf step fwd(5), Lf drop heel(6), Rf rock fwd(7), recover to Lf(&), Rf step back(8) 9.00

S8(1-8) slide, coaster cross, rock and cross (L and R), ¼ L step

1 2 3&4 Lf slide back(1), hold(2), Rf step back(3), Lf step beside Rf(&), Rf cross in front of Lf(4)
5&6 Lf rock L(5), recover to Rf(&), Lf cross in front of Rf(6)
&7&8 Rf rock R(&), recover to Lf(7), Rf cross in front of Lf(&), ¼ L Lf step fwd(8) 6.00

Last Update – 27 May 2019
