

One More Remedy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: David Chamberlain (UK) - March 2020
音樂: Love Remedy - Roachford



Intro: 32 counts

Section 1: Kick step point, kick step point, sailor half turn, quarter turn flick, shuffle forward.

- 1&2 – Kick right foot, step right slightly forward, point left to left side
- 3&4 – Kick left foot, step left slightly forward, point right to right side
- 5&6 – Cross right behind left, ¼ turn over right shoulder (3:00) stepping left next to right, ¼ over right shoulder (6:00) stepping right to side side.
- 7, 8&1 – Quarter turn left (3:00) taken the weight on to the left while flick the right foot up behind, Step forward Right, close left beside right, step forward right

Section 2: Step forward , mambo fwd step back , touch back half turn , kick and step quarter turn cross.

- 2 – Step forward onto left foot
- 3&4 – Rock right foot forward recover weight on to left, step right foot back
- 5, 6 – Touch left foot back, half turn over the left shoulder (9:00) taken the weight on to left
- 7&8 – Kick right foot forward, step right slightly forward, cross left foot over the right foot making a quarter turn left (6:00)

Section 3: Side step with hips bumps, Sailor quarter turn, step drag touch quarter turn, step drag touch quarter turn.

- 1& 2 – Bump hips to right side while taking the right to right side, bump hips left, bump hips right.
- 3&4 – Cross the left behind right, quarter turn over left shoulder (3:00) stepping right next to left, step forward left.
- 5,6 – Step forward right making quarter turn over left shoulder (12:00), drag left to right and touch.
- 7,8 – Step forward left making quarter turn over left shoulder (9:00), drag right to left and touch.

Section 4: Walk forward, walk forward, anchor step, walk back sweep, walk back sweep, sailor step.

- 1,2 – Walk forward right, walk forward left.
- 3,4 – Lock Right behind left. Step weight onto left. Step slightly back on Right.
- 5,6 – Step back left sweep right out, step back right sweep left out
- 7&8 Step left behind right, step right out to right side, step left to left side,

End of dance