

Here I Go Again

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Glenn Quan (USA) & Hilda Weintraub - March 2020
音樂: Heartache Medication - Jon Pardi



RIGHT COASTER, HEEL SWITCHES, SHUFFLE FORWARD, HEEL SWITCHES

1&2 Step R back, step L next to R, step right fwd
3&4& Touch L heel fwd, step L next to R, touch R heel fwd, step R next to L
5&6 Shuffle fwd (left-right-left)
7&8& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R

STEP FORWARD, HALF-PIVOT, SHUFFLE HALF-TURN, SWEEP BEHIND-SIDE-CROSS, ¼ TURN RIGHT, SHUFFLE FORWARD

1,2 Step right fwd, pivot ½ left taking weight on left foot
3&4 Shuffle half-turn in place over left shoulder (right-left-right)
5&6 Sweep L behind R, step R to R, Cross L over R
7&8 Right quarter-turn into a shuffle forward (right-left-right)

LEFT MAMBO FWD, RIGHT MAMBO BACK, STEP LOCK BACK LEFT DIAGONAL, STEP HALF TURN, STEP FORWARD

1&2 Rock fwd on L, recover weight on R, step L next to R
3&4 Rock back on R, recover weight on L, step R next to L
5&6 Step L back, cross R over L, step L back
7,8 Half-turn over right shoulder stepping forward on R, step forward on L

RESTART HERE AFTER WALLS 4 AND 7

SCISSOR STEPS X2, ROCKING CHAIR, STEP, SWIVEL

1&2 Step R to right, step L next R, cross R over L
3&4 Step L to left, step R next L, cross L over R

RESTART HERE ON WALL 3

5&6&7 Rock R forward, recover on L, rock R back, recover on L, step R next to L
&8 (with weight on ball of L foot and heel of R foot) Swivel heels to left and toes to right and return to center with weight on L foot

To end facing the front, omit &8 and replace with ½ turn pivot over left shoulder for step 8.

Contact: dancingwithglenn@gmail.com