

Forget About Everything

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Easy Improver
編舞者: Pat Esper (USA) - March 2020
音樂: You and Me, Girl - Jessta James



#8 count intro - No Tags or Restarts.

[1-8]: Mambo forward, Mambo back, Step-lock-step, Three quarter chase turn

- 1&2 Rock forward on the right foot, Recover onto the left foot, Step the right foot next to the left (or slightly back for styling)
- 3&4 Rock back on the left foot, Recover onto the right foot, Step the left foot next to the right (or slightly forward for styling).
- 5&6 Step forward on the right foot, Step the left foot behind the right, Step forward on the right foot.
- 7&8 Step forward on the left foot, Turn a three quarter turn over the right shoulder (timing cheat: step in place on the right foot), Step the left foot to the side.

[9-16]: Syncopated double weave, Side rock (Press), Recover, Weave

- 1&2& Step the right foot behind the left, Step the left foot to the side, Step the right foot over the left, Step the left foot to the side.
- 3&4 Step the right foot behind the left, Step the left foot to the side, Step the right foot over the left.
- 5-6 Rock/press the left foot to the side rolling through the hips from right to left to right. Recover onto the right foot.
- 7&8 Step the left foot behind the right, Step the right foot to the side, Step the left foot over the right.

[17-24]: Forward, Touch, Turn, Touch, Triple back, Triple back

- 1-2 Step forward at an angle on the right foot. Touch the left foot next to the right.
- 3-4 Turn a quarter turn to the left stepping forward on the left foot. Touch the right foot next to the left.
- 5&6 Step back at an angle on the right foot, Step the left foot next to the right, Step back at an angle on the right foot (Note: For styling, cross the left foot over the right on the & count).
- 7&8 Step back at an angle on the left foot, Step the right foot next to the left, Step back at an angle on the left foot (Note: For styling, cross the right foot over the left on the & count).

[25-32]: Forward touch, Side touch, Sailor step, Forward touch, Side Touch, Sailor step

- 1-2 Touch the right toes forward (Option: Crossing touch forward over the left foot). Touch the right toes to the side.
- 3&4 Step the right foot behind the left, Step the left foot to the side, Step in place on the right foot.
- 5-6 Touch the left toes forward (Option: Crossing touch forward over the right foot). Touch the left toes to the side.
- 7&8 Step the left foot behind the right, Step the right foot to the side, Step in place on the left foot.

Start again

Contact: ptesper@gmail.com On Facebook: The Redneck Revolution (of Music and Dance)