

# Alpha & Omega

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 0      級數: Beginner  
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音樂: Down On Your Uppers - Derek Ryan



## SEC1: TRIPLE STEP, STEP STOMP COMBINATION X 3

1-2      diagonally right fwd , left at side  
3-4      diagonally right fwd, stomp Left at side  
5-6      diagonally left back, stomp right at side  
7-8      diagonally right back, stomp Left at side

## SEC2: HEEL TOUCH, 1/2 TURN L TOE STRUIT X2, STOMP R, HOLD

1-2      heel Left fwd, recover left  
3-4      ½ turn left toe touch right , drop right heel  
5-6      ½ turn left toe touch left, drop left heel  
7-8      stomp right, hold

## SEC3: SLOW KICK BALL CROSS, HOLD, SIDE ROCK STEP R, STOMP R, HOLD

1-2      kick right fwd, recover right  
3-4      cross left over right, hold  
5-6      rock right at side, recover left  
7-8      stomp right beside left, hold

## SEC4: SAILOR ¼ TURN L, HEEL TOUCH L, TRIPLE STEEP R, HOLD

1-2      ¼ turn left step left back, right at side  
3-4      heel left fwd , recover left  
5-6      right fwd, left at side  
7-8      right fwd, hold

## SEC5: PIVOT ½ TURN R, HEEL STRUIT X 3

1-2      left fwd , pivot ½ turn right  
3-4      heel left fwd, recover left  
5-6      heel right fwd, recover left  
7-8      heel left fwd, recover left

## SEC6: ROCKING CHAIR X 2

1-2      Rock right fwd, recover left  
3-4      Rock right back, recover left  
5-6      Rock right fwd, recover left  
7-8      Rock right back, recover left

## SEC7: VINE R, ROLLING VINE L, SCUFF R

1,2      right at right, left cross behind right  
3,4      right at side, toe touch left to side  
5,6      ¼ turn left recover left, ¼ turn left right fwd  
7,8      ½ turn left step left fwd, scuff right

## SEC 8: VAUDEVILLE L, TOE TOUCH L FWD, CROSS BACK TOE TOUCH R, SCUFF R

1-2      cross right over left, left at side  
3-4      touch right heel fwd, right together  
5-6      touch left heel fwd, left together  
7-8      toe touch right cross behind left, scuff right

**TAG**

1-2 left fwd, recover left

**Walls 2 & 5 Only 62 counts & restart**

**Wall 4 Only 32 Counts 2 Counts TAG & restart**

**Thanks 4 Reading!**

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