

Switch it Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Candy Sherwin (USA) - May 2009
音樂: Sideways - Dierks Bentley



Step R side, hold, kick step heel, step heel, L forward, R forward, rock back, ½ turn R to right foot

1-2 Step/slide out on right to right, hold
3&4 Kick left forward, step on left next to right, touch right heel forward
&5&6 Step right foot back, touch left heel forward, step forward on left, step forward on right
7-8 Rock back on left, ½ turn right to while stepping on right 6:00

L Syncopated Mambo, ¼ turn R chasse, R turn, shift L

1-2 &3 Step forward left, hold, rock back on right, step left back
4&5 Turn ¼ right and step right to side (9:00), step left beside right, step right side
6-7 Step left side with ½ right turn (3:00), step right side with ½ right turn 9:00
8 Shift weight to left leg

Right ronde, ¼ turn left, R forward, L touch ½ turn, R lock shuffle

1-2 Sweep right leg in, forward and side (using 2 counts for move)
3&4 Step right behind left, ¼ turn step left forward (6:00), step right forward
5 Step left forward
6 Touch right foot next to left with ½ turn right (12:00)
7&8 Step right forward, lock left behind right, step right forward

Rock Step, ½ pencil turn, Step L side, Touch R in with ¼ turn, Kick ball step

1-2 Step forward on left, rock back on right
3-4 Turn ½ left on ball of left foot (end 6:00), step right next to left
5-6 Step left side, touch right foot next to left with ¼ turn right
7&8 Kick right leg forward, step ball of right foot next to left, step left forward

Begin Dance Again!

Contact: DanceCJ@aol.com
