

Saltwater Gospel

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Danielle Schill (USA) - September 2020
音樂: Saltwater Gospel (Fins Up Version) - Eli Young Band & Jimmy Buffett



#16 Count Intro

LEFT ROCK FWD, RECOVER, SHUFFLE L BACK, ROCK BACK R, RECOVER, FULL TURN L (STEPPING R-L)

- 1-2 Step forward on left, recover weight back on right
- 3&4 Step back slightly on left, slide right heel to left instep, step slightly back on left (shuffle)
- 5-6 Step right back*, recover weight on left
- 7-8 Turn ½ turn left, stepping back on right, turn ½ turn left, stepping forward on left

*styling tip: as you rock back on right, turn your shoulders ¼ turn right (open up) to prep for full spin left.

R ROCK FWD, RECOVER, R COASTER, STEP TURN R 2X

- 1-2 Step forward on right, recover weight back on left
- 3&4 Step back on right, step left next to right, step forward on right (coaster)
- 5-6 Step forward on left foot, turn ½ turn R, recovering weight on right (step turn)
- 7-8 Step forward on left foot, turn ½ turn R, recovering weight on right (step turn)

Restart here on Walls 2, 4, 6 & 8

CROSS L OVER R, STEP R, L SAILOR, CROSS R OVER L, STEP L, R SAILOR WITH ¼ TURN R

- 1-2 Cross left over right, step right to right side
- 3&4 Cross left behind right, step right to right side, step forward/side on left (sailor)
- 5-6 Cross right over left, step left to left side
- 7&8 Cross right behind left, turn ¼ turn right while stepping left next to right, step forward on right

L LOCK STEP, L SHUFFLE, STEP TURN L, R SHUFFLE

- 1-2 Step forward on left, slide right foot to left side of left foot (lock)
- 3&4 Step slightly forward on left, slide right toe to instep of left, step forward on left (shuffle)
- 5-6 Step forward on right, turn ½ turn left recovering weight on left.
- 7&8 Step slightly forward on right, slide left toe to instep of right, step forward on right (shuffle)

REPEAT

Last Update - 1 Oct. 2020