

Sweet & Q (Selfish)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Montse Chafino (ES) & Quim Aymerich (ES) - August 2020
音樂: Selfish - Stephanie Quayle



ROCK RIGHT, RECOVER, CHASSÉ RIGHT, ROCK FORWARD, SHUFFLE ¼ LEFT

1,2 Rock RF to R side, Recover on LF
3&4 Step RF to R side, LF beside RF, Step RF to R side
5,6 Rock LF Forward, Recover on RF
7&8 Step LF to L side, RF beside LF, 1/4 turn L Step LF forward, (9:00)

ROCK FORWARD, RECOVER, TOGETHER, WALK R-L, ROCK FORWARD, SAILOR ¼ LEFT

1,2 Rock RF Forward, Recover on LF
&3,4 RF together LF, Step LF forward, Step RF forward
5,6 Rock LF Forward, Recover on RF
7&8 Step LF behind RF with ¼ turn L, Step RF to R side, Step LF forward (6:00)

STEP RIGHT FWD, LOCK, STEP LOCK STEP FWD, ROCK FWD ¼ RIGHT, CROSS SHUFFLE

1,2 Step RF forward, Step LF crossed behind RF
3&4 Step RF forward, Step LF crossed behind RF, Step RF forward
(option SHUFFLE FWD : Step RF forward, LF beside RF, Step RF forward)
5,6 Rock LF forward, recover on RF with ¼ turn R (9:00)
7&8 Cross LF over RF, step RF to R, Cross LF over RF

STEP TURN ¼ LEFT x2, CROSS SHUFFLE, ROCK ¼ LEFT HOOK, SHUFFLE FWD

1,2 Step RF ¼ turn left (6:00), Step LF ¼ turn left (3:00)
3&4 Cross RF over LF, step LF to L, Cross RF over LF
5,6 Rock LF to L side, Recover on RF with ¼ L crossing LF over the leg R
7&8 Step LF forward, RF beside LF, Step LF forward

STEP FWD, TURN ½ LEFT, MAMBO FWD, ½ TURN ROCK LEFT, COASTER STEP

1,2 Step RF forward, 1/2 turn L (weight on LF), (6:00)
3&4 Rock RF forward, Recover on LF, Step RF back
5,6 1/2 turn L Rock LF Forward, Recover on RF
7&8 Step LF back, step RF together LF, step LF forward

Restart on wall 2 (12:00)

ENDING/FINAL..... change counts 7&8, to 7,8 : Large step LF back, Slide RF to the LF

MAMBO RIGHT, LEFT, FWD, STEP LOCK STEP BACK

1&2 Rock RF on the R side, Recover on LF, Step RF forward
3&4 Rock LF on the L side, Recover on RF, Step LF forward
5&6 Rock RF forward, Recover on LF, Step RF back
7&8 Step LF back, Step RF back crossed over LF, Step LF back

Restart on wall 1&3 (12:00)

LONG STEP BACK, HOLD, COASTER STEP, SHUFFLE ½ LEFT X 2

1,2 Large step RF back, hold
3&4 Step LF back, step RF together LF, step LF forward
5&6 Shuffle forward turning ½ to the left (right, left, right) (6:00)
7&8 Shuffle forward turning ½ to the left (left, right, left) (12:00)

STOMP, HOLD, KICK L-R (HEEL SWITCHES), TOE STRUT BACK ½ LEFT, TOUCH BACK, HEEL FWD

1, 2 Stomp RF to the Right side, hold

3&4& Kick LF forward, Step LF beside RF, kick RF forward, Step RF beside LF
(option : touch L heel forward, Step LF beside RF, touch R heel forward, Step RF beside LF)
5,6 Touch LF toe behind RF, Make ½ turn L transferring weight onto LF (6:00)
7&8& Touch R toe behind LF, Step RF together, Touch L heel forward, Step LF together

Thanks to Muntsa Sidera, for the stepsheet.

Enjoy the dance
