

Love Is An Anchor

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: René Walliser (CH) - April 2021
音樂: You're the One (feat. Josy) - Reto Burrell



Intro : 32 Count

Section 1: STEP, LOCK, STEP-LOCK-STEP R & L

1,2 Step RF forward, Cross LF behind RF
3&4 Step RF forward, Cross LF behind RF, Step RF forward
5,6 Step LF forward, Cross RF behind LF
7&8 Step LF forward, Cross RF behind LF, Step LF forward

Section 2: STEP 1/4 TURN L 2X, JAZZ BOX WITH CROSS

1,2 Step RF forward, Pivot 1/4 Turn left
3,4 Step RF forward, Pivot 1/4 Turn left
5,6 Cross RF over LF, Step LF backward
7,8 Step RF to right side, Cross LF over RF

Section 3: SIDE ROCK, CROSS SHUFFLE, 1/4 TURN R, 1/4 TURN R, CROSS SHUFFLE

1,2 Step RF to right side, Recover on LF
3&4 Cross RF over LF, Step LF to left side, Cross RF over LF
5,6 1/4 Turn right stepping LF backward, 1/4 Turn right stepping RF to right side
7&8 Cross LF over RF, Step RF to right side, Cross LF over RF

Section 4: CHASSE R, BACK ROCK, CHASSE L, BACK ROCK

1&2 Step RF to right side, Step LF beside RF, Step RF to right side
3,4 Step LF backward, Recover on RF
5&6 Step LF to left side, Step RF beside LF, Step LF to left side
7,8 Step RF backward, Recover on LF

Section 5: POINT HOLD, STEP, HEEL HOLD, STEP, MONTEREY 1/4 TURN R

1,2& Point RF to right side, Hold, Step RF beside LF
3,4& Touch left Heel forward, Hold, Step LF beside RF
5,6 Point RF to right side, 1/4 turn right and Step RF beside LF
7,8 Point LF to left side, Step LF beside RF

Section 6: CHASSE R, BACK ROCK, CHASSE L, BACK ROCK

1&2 Step RF to right side, Step LF beside RF, Step RF to right side
3,4 Step LF backward, Recover on RF
5&6 Step LF to left side, Step RF beside LF, Step LF to left side
7,8 Step RF backward, Recover on LF

Section 7: POINT HOLD & HEEL HOLD &, MONTEREY 1/4 TURN R

1,2& Point RF to right side, Hold, Step RF beside LF
3,4& Touch left Heel forward, Hold, Step LF beside RF
5,6 Point RF to right side, 1/4 turn right and Step RF beside LF
7,8 Point LF to left side, Step LF beside RF

Section 8: ROCK STEP, 1/2 SHUFFLE TURN R, ROCK STEP, 1/2 SHUFFLE TURN L

1,2 Step RF forward, Recover on LF
3&4 1/4 turn right, Step RF to right side, Step LF beside RF, 1/4 turn right, Step RF forward

5,6 Step LF forward, Recover on RF
7&8 1/4 Turn left, Step LF Schritt to left side, Step RF beside LF, 1/4 Turn left, Step LF forward

TAG (at the End of Wall 4 / facing 12.00h)

Section 1: SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS R&L

1,2 Step RF to right side, Cross LF behind RF
3&4 Sweep RF out around from front to back and Cross RF behind LF, Step LF to left side, Cross RF over LF
5,6 Step LF to left side, Cross RF behind LF,
7&8 Sweep LF out around from front to back and Cross LF behind RF, Step RF to right side, Cross LF over RF

Section 2: SIDE MAMBO R & L, MAMBO FORWARD, MAMBO BACKWARD

1&2 Step RF to right side, Recover on LF, Step RF beside LF
3&4 Step LF to left side, Recover on RF, Step LF beside RF
5&6 Step RF forward, Recover on LF, Step RF backward
7&8 Step LF backward, Recover on RF, Step LF forward

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