

Back On My Feet

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate / Avanced
編舞者: Maëva MEYER (FR) - May 2021
音樂: Back on My Feet - Kimberose



Introduction : 16 counts

[1-8] :CROSS ; POINT ; CROSS ; POINT ; JAZZ BOX ¼ TURN

- 1-2 Cross Right over Left (1) - Point Left to Left (2)
- 3-4 Cross Left over Right (3) - PointRight to Right (4)
- 5-6 Cross Right over Left with weight on Right (5) - ¼ Right steppingLeft foot behind with weight on Left (6) 3h
- 7-8 Right to Right (7) - Cross Left over Right with weight on Left (8)

[9-16] : MONTEREY ½ TURN × 2

- 1-2 PointRight toe to Right (1) -½ turn to Right and bring Right next to Left (2) 9h
- 3-4 PointLeft toe to Left (3) - Bring Left next to Right (4)
- 5-6 PointRight toe to Right (5) - ½ turn to Right and bring Right next to Left (6) 3h
- 7-8 PointLeft toe to Left (7) - Bring Left next to Right (8)

[17-24] :VINE ¼ TURN R ; HITCH L ; BACK L ; BACK R ; BACK L ; TOUCH R

- 1-2 Step Right to Right (1) - Cross Left over Right (2)
- 3-4 Step Right to Right with ¼ turn to Right (3) - Hitch Left (4) 6h
- 5-6 Walk back Left (5) - Walk back Right (6)
- 7-8 Walk back Left (7) - Touch Right next to Left (8)

Tag #2 here during wall 3, facing 6 o'clock, then start dance from beginning.

[25-32] :TOE STRUT R 1/8 TURN ; TOE STRUT L ; ROCK STEP R ; TOE STRUT ½ TURN R

- 1-2 Touch Right toe forward with 1/8 turn to Right (1) - Drop Right heel and snap fingers (2) 7h30
- 3-4 Touch Left toeforward (3) - Drop Left heel and snap fingers (4)
- 5-6 Rock forward on Right (5) - Recover weight on Left (6)
- 7-8 Touch Right toe forward with ½ turn to Right(7) - Drop Right heel (8) 1h30

[33-40] :TOE STRUT L ; TOE STRUT R ; ROCK STEP L ; TOE STRUT ½ TURN L

- 1-2 Touch Left toe forward(1) - Drop Left heel and snapfingers (2)
- 3-4 Touch Right toe forward (3) - Drop Right heel and snap fingers (4)
- 5-6 Rock forward on Left (5) - Recover weight on Right (6)
- 7-8 Touch Left toe forward with ½ turn to Left (7) - Drop Left heel (8) 7h30

[41-48] :ROCK STEP R FORWARD ; FULL TURN ; SIDE 1/8 TURN R ; TOGETHER ; SIDE R ; TOUCH L

- 1-2 Rock forward on Right (1) - Recover weight on Left (2)
- 3-4 ½ turn to Right diagonal stepping Right forward (3) -½ turn to Right stepping Left behind (4) 7h30
- 5-6 1/8 turn Right stepping Right to Right (5) - Bring Left next to Right (6) 9h
- 7-8 Step Right to Right(7) - Touch Left next to Right (8)

[49-56] : ROLLING VINE L ; TOUCH R ; ROLLING VINE R ; TOUCH L

- 1-2 ¼ turn Left stepping Left forward (1) - ½ turn Left steppingRight behind (2)
- 3-4 ¼ turn Left stepping Left to Left (3) - Touch Right next to Left (4)
- 5-6 ¼ turn Right stepping Right forward (5) - ½ turn Right stepping Left behind (6)
- 7-8 ¼ turn Right stepping Right to Right (7) - Touch Left next to Right (8) 9h

[57-64] :VINE ¼ TURN L ; HITCH R ; STEP ½ TURN × 2

- 1-2 Step Left to Left (1)- Cross Right behind Left (2)
- 3-4 Step Left to Left with ¼ turn Left (3) - Hitch Right (4) 6h
- 5-6 Step Right forward (5) - Pivot ½ turn Left(6) 12h
- 7-8 Step Right forward (7) - Pivot ½ turn Left(8) 6h

Tag #1 here at the end of wall 1, facing 6 o'clock and TWICE at the end of wall 4, facing 12 o'clock.

TAG 1 (16 counts):

[1-8] : BACK R ; POINT L ; BACK L ; POINT R ; BEHIND SIDE CROSS ; HITCH L 1/8 TURN

- 1-2 Step back Right (1) - Point Left to Left (2)
- 3-4 Step back Left (3) - Point Right to Right (4)
- 5-6 Cross Right behind Left (5) - Step Left to Left (6)
- 7-8 Cross Right over Left (7) - Hitch Left towards Left diagonal (8)

[9-16] : BEHIND SIDE CROSS 1/8 TURN ; HITCH R 1/8 TURN ; BACK R 1/8 TURN ; TOGETHER L ; TWIST HEELS

- 1-2 Cross Left behind Right with 1/8 turn to Right (1) - Step Right to Right (2)
- 3-4 Cross Left over Right (3) - Hitch Right towards Right diagonal (4)
- 5-6 Make 1/8 turn Left stepping Right behind (5) - Bring Left next to Right (6)
- 7-8 Turn both heels to Left (7) - Bring heels back to centre (8)

TAG 2 (8 counts) :TOE STRUT R & L × 2

- 1-2 Touch Right toe forward (1) - Drop Right heel and snap fingers(2)
- 3-4 Touch Left toe forward (3) - Drop Left heel and snap fingers(4)
- 5-6 Touch Right toe forward (5) - Drop Right heel and snap fingers(6)
- 7-8 Touch Left toe forward (7) - Drop Left heel and snap fingers (8)

KEEP IT FUN !!!!
