

Lasting Lover

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Improver
編舞者: Amberlie Boyd (AUS) - July 2021
音樂: Lasting Lover - Sigala & James Arthur : (iTunes)



Intro: 16 counts

[1 - 8] STEP R DIAGONAL, SHUFFLE L DIAGONAL, R KICK BALL STEP, R STEP TOUCH

1 2 Step R to R diagonal, touch L next to R
3 & 4 Step L to L diagonal, Step R next to L (&), Step L to L diagonal [10:30]
5 & 6 Kick R fwd, Step R next to L (&), Step fwd L
7 8 Step R fwd, Touch L next to R

[9 - 16] DRAG BACK L, BALL STEP, POINT, R SAILOR, L ¼ SAILOR

1 2 Step back L dragging R towards L
& 3 4 Step R together (&), Step back L, 1/8 turn R pointing R to R side [12:00]
5 & 6 Cross R behind L, step L to L side, step R slightly to R side
7 & 8 Cross L behind R, ¼ L, complete ¼ turn stepping L fwd [9:00]

[17 - 24] R ROCK RECOVER, SHUFFLE ¾ BACK, L STEP BACK DRAG ¼, BALL STEP, TOUCH

1 2 Rock fwd R, Recover weight on L
3 & 4 Turn ½ R step R fwd [3:00], step L beside R, Turn ¼ R step R forward [6:00]
5 6 Turn ¼ R big step back on L, drag R towards L [9:00]
& 7 8 Step ball of R next to L (&), Step fwd L (7), touch R next to L (8)

[25 - 32] R STEP POINT, L STEP POINT, R ROCK FWD, JUMP BACK, HEEL SWIVEL

1 2 Step fwd R, point L to L side
3 4 Step fwd L, point R to R side
5 6 Rock fwd R, recover weight on L
& 7 & 8 Step ball of R next to L (&), Step L back (7), Swivel heels to R (&), Return heels to centre (8)

TAG 1: End of Wall 5 (9.00) & Wall 12 (12.00)

8 COUNTS (REPEAT COUNTS 29-32, 4 X HEEL TAPS)

1 2 Rock fwd R, recover weight on L
& 3 & 4 Step ball of R next to L (&), Step L back (7), Swivel heels to R (&), Return heels to centre (8)
5 Stomp R foot fwd
6 7 8 Heels raises R x3

TAG 2: End of Wall 6 (6.00)

4 COUNTS (REPEAT COUNTS 29-32)

1 2 Rock fwd R, recover weight on L
& 3 & 4 Step ball of R next to L (&), Step L back (7), Swivel heels to R (&), Return heels to centre (8)