

Gentle On My Mind

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Gaylynn Brenoel (USA) - April 2022
音樂: Gentle on My Mind - The Nelons : (iTunes)



Long gentle intro 33 seconds. Wait 8 beats after quick rhythm starts

(1-8) Kick, kick, coaster step. Kick, kick, coaster step

1, 2, 3&4 Weight on left foot. Kick right foot forward twice while raising arms overhead. Coaster Step (Step right foot back, step left foot back, step right foot forward for counts 3&4)
5, 6, 7&8 Repeat sequence starting with weight on right foot.

(9-16) Step right, step behind, step/turn ¼ right, kick, back, back, coaster step

1, 2, 3, 4 Step right foot to the right, step left foot behind right foot, turn/step ¼ right with right foot, kick left foot forward/clap
5, 6, 7&8 Step back on left foot, step back on right foot, Coaster step (Step back on left, back on right, and forward on left)

(17-24) Forward rock/recover, side rock/recover, Sailor Step, Forward rock/recover, side rock/recover, Sailor Step

1&2 & 3&4 Rock forward on right foot, recover back on left foot (Counts 1 &). Rock to right side with right foot, recover on left foot (Counts 2 &) Sailor step (step right foot behind left foot and to the left, step left to the left, step right foot to the right, but still behind left foot – Counts 3 & 4)
5&6 & 7&8 Repeat sequence starting with rock forward on left foot

(25-32) Step right, step behind, step/turn ¼ right, triple stomp. Step left, step behind, triple stomp

1, 2, 3&4 Step right foot to right, step left foot behind right, Step right foot ¼ turn right with a stomp, stomp left, stomp right
5, 6, 7&8 Step left foot to left, step right foot behind left, stomp left, right left

Easy TAGS *On 12 O'clock walls 3, 5, 7, and 9. Add full turn right with 2 stomps and a full turn left with 2 stomps (Step right foot to right with ¼ turn right, step left foot beside right foot with a ¼ turn right, step right foot to right with ¼ turn right. Do 2 stomps while turning ¼ right to be facing 12 O'clock) Count is 1, 2, 3 & 4

Repeat sequence with left turns ending with 2 stomps to face 12 O'clock. Count for left turns is 5, 6, 7 & 8

For dancers who do not like to turn, step right. Step left behind right, triple stomps (R, L, R) facing 12 O'clock. Step left, step right behind left, triple stomps (L, R, L)

On last wall (wall 9) on second Sailor step you are facing 3 O'clock, turn to left to end at 12 O'clock
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