

Slide Into Yesterday

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Improver
編舞者: Mark Paulino (USA) & Michelle Wright (USA) - 31 January 2023
音樂: Slide - Madeline Merlo



Starts: 16 counts

[1 – 8] STEP BACK AND DRAG, BACK ROCK RECOVER, STEP FORWARD, RAISED SWEEPING HITCH, CROSS OVER, SIDE STEP

- 1 2 Step L back with R dragging back towards L 12:00
- 3 4 Rock R back, recover ahead onto L
- 5 6 Step R forward in a lowered position (knee slightly bent), hitch forward with the L as your rise up having your weight shift on the ball of the R
- 7 8 Cross L over R (1:30), R side step (12:00)

[9 – 16] BACK CROSS ROCK RECOVER, ¼ TURN PIVOT, BOX STEP ⅜ TURN WITH A STEP FORWARD

- 1 2 L cross rock behind R (10:30), recover onto R 10:30
- 3 4 Step forward with the L while ¼ turn pivot R, recover onto R 1:30
- 5 6 L cross over R, ⅜ turn L with R stepping back 9:00
- 7 8 L side step, R stepping forward
- L

[17 – 24] SIDE STEP DRAG/TOGETHER X2, WEAVE

- 1 2 L side step as you drag R towards L, step R besides L
- 3 4 L side step as you drag R towards L, step R besides L
- 5 6 L cross over R, R side step
- 7 8 L cross behind R, R side step

[25 – 32] CROSS ROCK/RECOVER, SIDE ROCK/RECOVER, STEP FORWARD ¼ PIVOT TURN, ¼ TURN PIVOT, PRESS FORWARD

- 1 2 L cross rock over R, recover onto R
- 3 4 L side rock, recover onto R
- 5 6 Step L forward with a ¼ pivot turn R, recover onto R 12:00
- 7 8 ¼ pivot L weight shifting from R to L, R presses forward with the R ball of the feet 9:00

Restart: 16 count restart on the 10th wall facing 9:00, ending facing 6:00

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