

Monster

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate - Waltz
編舞者: Jessica Boström (SWE) - April 2023
音樂: Monster - Chandler Leighton : (Single - iTunes, Spotify etc)



Intro: 24 counts. Approx 10 secs into track. Start on lyrics.

NO TAGS! NO RESTARTS! J

Start with weight on R foot. Facing 1.30!

(1-6) ½ Diamond Fallaway

- 1-3. Step L fwd towards Right diagonal, 1/8 turn Left step R to Right side, 1/8 turn Left step back on L. (10.30)
4-6. Step R back, 1/8 turn Left step L to Left side, 1/8 turn Left step R fwd (7.30)

(7-12) ½ Diamond Fallaway

- 1-3. Step L fwd, 1/8 turn Left stepping R to Right side, 1/8 turn Left step back on L. (4.30)
4-6. Step R back, 1/8 turn Left step L to Left side, now square up and step R straight fwd. (3.00)

(13-18) Step Full Spiral, Step Sweep

- 1-3. Step L fwd and start making a full spiral turn over Right shoulder, complete your spiral over the next two counts. Keeping weight on L.
4-6. Step R fwd, sweep L from back to front over two counts. (3.00)

(19-24) Cross Back Side, Cross Rock Side

- 1-3. Cross L over R, make a small back on R, step L to Left side.
4-6. Cross rock R over L, recover onto L, step R to Right side. (3.00)

(25-30) Cross ¼ Back, Coaster Step

- 1-3. Cross L over R, ¼ turn Left step back on R, step L back. (12.00)
4-6. Step back on R, step L beside R, step fwd on R.

(31-36) Step ½ Back, Coaster Step

- 1-3. Step fwd on L, ½ turn Left stepping back on R, step back on L. (6.00)
4-6. Step back on R, step L beside R, step fwd on R.

(37-42) Step Kick Hook, Step Point Hold

- 1-3. Step fwd on L, make a low R fwd kick, hook R in front of L knee.
4-6. Step fwd on R, point L to Left side, HOLD. (6.00)

(43-48) L Sailor Step, R Sailor Step (both travelling slightly backwards)

- 1-3. Step L behind R, step R to Right side, step L to Left side. (4.30)
4-6. Step R behind L, step L to Left side, step R to Right side. (7.30)

Choreographers note: These sailor steps are ment to be done slightly travelling backwards and also be ending up more towards the diagonals then straight on to the 6.00 wall. That will probably happen naturally for most dancers anyway as you open/twist your upper body while doing your sailors.

Start again!

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