

Only the Fast

COPPER KNOB
STEPSHEETS

拍數: 128 牆數: 1 級數: Phased Intermediate
編舞者: Ilaria Spinetti (IT) - June 2023
音樂: Only the Fast - Roosevelt Road



TAG 1: 32 count

ROCK, CROSS SIDE CROSS, X2

1-2 R side rock, L step in place
3&4 R cross behind L, L step left, R cross over L
5-6 L side rock, R step in place
7&8 L cross behind R, R step right, L cross over R

TOE STRUT X2, ROCK, TOE STRUT ½ TURN

1-2 touch R toe fwd, weight on R hip bump
3-4 touch L toe fwd, weight on L hip bump
5-6 R rock fwd, L step in place
7-8 R toe touch back, ½ turn right weight on R

ROCK, CROSS SIDE CROSS, X2

1-2 L side rock, R step in place
3&4 L cross behind R, R step left, L cross over R
5-6 R side rock, L step in place
7&8 R cross behind L, L step right, R cross over L

TOE STRUT X2, ROCK, STEP, STOMP UP

1-2 touch L toe fwd, weight on L hip bump
3-4 touch R toe fwd, weight on R hip bump
5-6 L rock fwd, R step in place
7-8 L step back, R stomp up beside L (6:00)

PART A: 32 count

STOMP X2, ¼ JAZZ BOX TURN

1-2 R stomp diagonal fwd, hold
3-4 L stomp left, hold
5-6 R cross over L, L step behind
7-8 R step R ¼ turn right, L step fwd (9:00)

STEP TOUCH X2, ½ MONTEREY, CROSS

1-2 R step fwd, L toe touch left
3-4 L step fwd, R toe touch right
5-6 ½ turn right weight on R, L toe touch left
&7-8 L step beside R, R cross over L, hold

KICK BALL CROSS X2, ROCK, ¾ TRIPLE STEP

1&2 L kick left diagonal fwd, L step beside R, R cross over L
3&4 L kick left diagonal fwd, L step beside R, R cross over L
5-6 L rock left, R step in place
7&8 L step behind R ¼ turn left, R step in place ¼ turn left, L step in place ¼ turn left (6:00)

STEP & STEP, TOUCH X2, CROSS, ½ UNWIND

1-2 R step right, hold

&3-4 L step beside right, R step right, hold
5-6 L heel touch fwd, L toe touch left
7-8 L cross behind R, unwind ½ turn left (12:00)

PART B: 32 count

KICK BALL TOUCH X2, HEEL TOUCH X2, SCUFF HITCH, POINT

1&2 R kick fwd, R step beside L, L toe touch left
3&4 L kick fwd, L step beside R, R toe touch right
5&6& R heel touch fwd, L heel touch fwd, L recover
7&8 R scuff, R hitch, R toe point back

½ TURN R, SHUFFLE ¼ TURN X2, COASTER STEP

1-2 ½ turn R
3&4 L step left ¼ turn right, R step beside left, L step left (9:00)
5&6 R step back ¼ turn right, L step beside right, R step back (12:00)
7&8 L step back, R step beside L, L step fwd

STEP LOCK STEP SCUFF X2

1-2 R step right diagonal fwd, L cross behind R
3-4 R step right diagonal fwd, L scuff beside R
5-6 L step left diagonal fwd, R cross behind L
7-8 L step left diagonal fwd, R scuff beside L

OUT, BUMP, KICK, CROSS, 1 TURN UNWIND, BODYROLL

1-2 R step out, hip bump right (bend knees)
3-4 L kick fwd, L cross over R
5-6 unwind 1 turn right
7-8 bodyroll

TAG 2: 32 count (16count x2)

¼ WAVE TURN, ¼ STEP TURN, SCUFF HITCH STOMP

1-2 R step right ¼ turn left, L cross behind R (9:00)
3-4 R step right, L cross over R
5-6 R step right, weight on L ¼ turn left (6:00)
7&8 R scuff beside L, R hitch, R stomp in place

STOMP, TOE HEEL X2, SCUFF, SCOOT KICK X2

1-2 L stomp fwd, R toe touch beside L
&3&4 R step back, L heel touch in place, L recover, R toe touch beside L
&5&6 R step back, L heel touch in place, L recover, R scuff beside L
&7&8 jump on L, R kick fwd, jump on L, R kick fwd

¼ WAVE TURN, ¼ STEP TURN, SCUFF HITCH STOMP

1-2 R step right ¼ turn left, L cross behind R (3:00)
3-4 R step right, L cross over R
5-6 R step right, weight on L ¼ turn left (12:00)
7&8 R scuff beside L, R hitch, R stomp in place

STOMP, TOE HEEL X2, SCUFF, SCOOT KICK X2

1-2 L stomp fwd, R toe touch beside L
&3&4 R step back, L heel touch in place, L recover, R toe touch beside L
&5&6 R step back, L heel touch in place, L recover, R scuff beside L
&7&8 jump on L, R kick fwd, jump on L, R kick fwd

FINALE:

- 1 R step right (weight on both feet)
 - 2-3-4-5-6-7 hold
 - 8 ½ turn upper body left and bend knees
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