

Cooking With Grease

COPPER KNOB
STEPPED SHEETS

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Grease - Lainey Wilson



Walk, walk, mambo step, Walk back, back, Rock, recover, turn ½ Right

1 - 2 Walk forward right, left
3&4 Rock forward Right, recover Left, step back on Right
5 - 6 Walk back left, right
7&8 step back Left, step forward on Right, turn ½ right

Sailor Steps Right and Left, Sway forward and back on diagonal, Behind, side, touch

1&2 Right sailor step (Right behind left, left to left, right to right)
3&4 Left sailor step (Left behind right, right to right, left to left)
5 - 6 Place right foot on diagonal swaying forward and back
7&8 Behind with right, side with left, touch with right

***Restarts occur here**

[&] Heel and touch, & heel and touch, Big step, Coaster step

&1&2 Step back on right, then left heel on diagonal, step back on left, touch right to left
&3&4 Step back on right, then left heel on diagonal, step back on left, touch right to left
5 - 6 Big step to right with right, touch left to right
7&8 Left back, right back, left forward

Kick, ball, heel, Sailor step, Kick, ball, heel & Swivels RLRL (down and up)

1&2 Kick right forward, recover on ball of right foot, left heel forward on diagonal
3&4 Left sailor step (Left behind right, right to right, left to left)
5&6 Kick right forward, recover on ball of right foot, left heel forward on diagonal
&7&8& Swivel right, left, right, left (down slightly on first right, left, then back up on second right, left)

***Two Restarts after 16 counts – on walls 3 and 6**

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