

Soul & My Sanity

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Carmen López Casanova (ES) - March 2024
音樂: Soul & My Sanity - Ryan Langdon



Intro: 4 counts

S1: SIDE SWITCHES, SCUFF, HITCH, STEP FWD, STEP LOCK, SHUFFLE FWD

1&2& Point RF to R, step RF beside LF, Point LF to L, step LF beside RF
3&4 Point RF to R, scuff RF forward, hitch RF
5-6 Step RF forward, step LF lock RF
7&8 Step RF forward, step LF lock RF, step RF forward

S2: STEP, TOUCH, ¼ STEP, TOUCH, ¼ STEP, STOMP, TRAVELLING SWIVEL LF L&R

1& Step LF to L, RF touch beside LF
2& ¼ turn R step RF to side R, touch LF beside RF
3-4 ¼ turn R step LF to side L, RF stomp beside LF
5&6 Swivel LF to L: toe out, heel out, toe out
7&8 Swivel LF to R: toe in, heel in, toe in

S3: GRAPEVINE R, TRAVELLING SWIVEL RF R&L

1-4 Step RF to R, step LF behind RF, step RF to R, LF beside RF
5&6 Swivel RF to R: toe out, heel out, toe out
7&8 Swivel RF to L: toe in, heel in, toe in

S4: STEP FWD (X2), ROCKING CHAIR, MAMBO, STEP BACK (X2), TOUCH

1-2 Step RF forward, step LF forward
3&4& Rock RF forward, recover weight LF, Rock RF back, recover weight RF
5&6 Rock RF forward, recover weight LF, step RF back
7-8 Step LF back, RF touch beside LF

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