

Mayday Mayday!

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Low Intermediate
編舞者: Rob Holley (USA) - May 2024
音樂: Mayday - Casey Barnes : (Album: Mayday - iTunes)



Tags: 0, Restarts: 1
Intro: 16 (start on vocals)

[1-8] WIZARD STEP RIGHT, WIZARD STEP LEFT, CROSS, ¼ TURN STEP, SWAY RIGHT/LEFT

1-2& Step R diagonally forward (1), lock L behind R (2), step R diagonally forward (&)
3-4& Step L diagonally forward (3), lock R behind L (4), step L diagonally forward (&)
5-6 Cross R over L (5), turn ¼ R & step L back (6) (3:00)
7-8 Step R to R side & sway hips R (7), sway hips L (weight to L) (8)

[9-16] SAILOR STEP, BEHIND, SIDE, CROSS, ¼ TURN STEP, ½ TURN STEP, COASTER

1&2 Step R behind (1), step L to L side (&), step R to R side (2)
3&4 Step L behind (3), step R to R side (&), cross L over R (4)
5-6 Turn ¼ R & step R forward (5), turn ½ R & step L back (6) (12:00)
7&8 Step R back (7), step L next to R (&), step R forward (8)

[17-24] SYNCOPATED FORWARD ROCK RECOVER (3X), WALK, WALK

1-2& Rock L forward (1), recover weight on R (2), step L next to R (&)
3-4& Rock R forward (3), recover weight on L (4), step R next to L (&)
5-6& Rock L forward (5), recover weight on R (6), step L next to R (&)
7-8 Step R forward (7), step L forward (8)

[25-32] ¼ MONTEREY, ¼ JAZZ BOX WITH CROSS

1-4 Point R to R side (1), turn ¼ R & step R next to L (2), point L to L side (3), step L next to R (4)
(3:00)
5-8 Cross R over L (5), turn ¼ R & step L back (6), step R to R side (7), cross L over R (8) (6:00)

Restart here on wall 3, facing 6:00

[33-40] HEEL JACK RIGHT, HEEL JACK LEFT

1-2 Step R to R side (1), step L behind R (2)
&3&4 Step R back (&), touch L heel forward (3), step L next to R (&), cross R over L (4)
5-6 Step L to L side (5), step R behind L (6)
&7&8 Step L back (&), touch R heel forward (7), step R next to L (&), step L forward (8)

[41-48] HEEL GRIND, ½ TURN SHUFFLE, ½ PIVOT, FORWARD SHUFFLE

1-2 Step R heel slightly over L & twist/grind heel (1), step L to L side (2)
3&4 Turn ¼ R & step R to R side (3), turn ¼ R & step L next to R (&), step R forward (4) (12:00)
5-6 Step L forward (5), pivot ½ turn R (6) (6:00)
7&8 Step L forward (7), step R next to L (&), step L forward (8)

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