

Heimlich nach Dir gesehnt

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: High Beginner
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音樂: Heimlich nach dir gesehnt - Wolkenfrei



Start on the Lyric (Start at approx. 32 secs)

No Tag & No Restart

SEC 1 [1-8] WARK (R-L-R), HITCH, STEP WITH BODY ROLL

1, 2 Step RF fwd, Step LF fwd
3, 4 Step RF fwd , LF back stepping hitch R knee
5&6 Toch RF in Place with body roll(4 counts) (12:00)

SEC 2 [9-16] SWIVEL * 4 , JAZZ BOX 1/2 R

1, 2 RF Back Stepping Swivel LF toe out, LF Back Stepping Swivel RF toe out
3, 4 Rpeat(1,2)
5, 6 Cross RF over LF, Turn 1/4 R Stepping LF Back (3:00)
7, 8 Turn 1/4 R Stepping RF Side, Toch LF beside RF (6:00)

SEC 3 [17-24] FWD RECOVER, SIDE RECOVER, L SAILOR, Cross Samba

1, 2 Rock LF fwd, Recover weight on RF
3, 4 Step LF to L , Recover on RF
5&6 Step LF Back, Step RF to R, Step LF to L
7&8 Cross R over L, Rock L to left side, recover R

SEC 4 [25-32] JAZZ BOX 1/4 L , L CHASSE, R COASTER

1, 2 Cross LF over RF, Turn 1/4 L Stepping RF Back(3:00)
3&4 Side LF to L, Step RF next to LF, Side LF to L
5, 6 Rock RF fwd, Recover weight on LF
7&8 Step RF back, step LF together, step RF fwd (3:00)

SEC 5 [33-40] L SIDE, TOGETHER, FWD LOCK STEP, R SIDE, L TOCH

1, 2 Step LF to L, Step RF next to LF
3, 4 Step LF Fwd, Rock cross RF behind LF
5&6 Step LF fwd, Step RF behind LF, Step LF Fwd
7, 8 Step RF to R, Toch LF next to RF (3:00)

SEC 6 [41-48] TURN 1/4 L ,TOCH, SIDE TOGETHER, CROSS ROCK , CROSS SHUFFLE

1, 2 Turn 1/4 L Stepping LF Side, Toch RF next to LF (12:00)
3, 4 Step RF to R, Step left together(weight on left)
5, 6 Cross RF over LF, Rock LF Behind RF
7&8 RF Cross over LF, LF Beside RF, RF Cross over LF

SEC 7 [49-56] 1/4 L TURN FWD, FWD LOCK STEP, STEP R MAMBO WITH HIP ROLL, TOGETHER(R), TOCH(L)

1, 2 Turn 1/4 L Stepping Fwd on LF, Rock cross RF behind LF (9:00)
3&4 Step LF fwd, step RF behind LF, step LF fwd
5,6 Step RF to R side while rolling hips clockwise, Recover weight L
7,8 Step RF beside LF, Toch LF next to RF

SEC 8 [57-64] R COASTER, HIP SWAY(R-L-R) , TOCH(R)

1, 2 Rock LF fwd, Recover weight on RF
3&4 Step LF back, step RF together, step LF fwd (3:00)

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Step RF to R side with HIP SWAY(R-L-R), Toch RF beside LF(weight on left)(9:00)
