

All My Boys and Me

COPPERKNOB
BY STEPHEN

拍數: 90
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音樂: 23 - Chayce Beckham

牆數: 2

級數: High Intermediate



Sequence – A B B A B B B A C A(modified)

Intro : 16+6 counts

PART A (40 counts)

[1-8] 2x WALKS FWD, MAMBO, 2x WALKS BACK, ANCHOR STEP

1-2 walk R fwd, walk L fwd
3&4 Rock R fwd, recover weight back onto L, step R back
5-6 Walk L back, walk R back
7&8 Triple step on place : put weight on left foot (slightly back), then on the right foot, then on the left foot

[9-16] MODIFIED RUMBA BOX, STEP TOUCH, BACK, SAILOR ¼ R

1&2 Right step to right, left next to right, right step fwd
3&4 Left step to left, right next to left, left step fwd
5&6 Step R fwd, touch L behind R, step back on L
7&8 Cross R behind L ¼ R stepping L next to R (&), step R to R side

[17-24] CROSS, SIDE, SAILOR HEEL, BALL CROSS, SIDE, BEHIND SIDE CROSS

12 Cross L over R, Step R to right
3&4 Cross L behind R, stepping R next to L (&), heel L next to R
&5-6 L ball, cross R over L step L to L side
7&8 Cross R behind L, step L to L, cross R over L

[25-32] SIDE, TOUCH, SIDE, TOUCH, ¾ TURN, COASTER STEP

1-2 Step L to L side, touch R together
3-4 Step R to R side, touch L together
5-6 Turn ¼ L stepping L fwd (12:00) , turn ½ L stepping R back (6:00)
7&8 Step L back, step R together, step L fwd

[33-38] PUSH TURN ½ L, PUSH TURN ½ R

1-2-3 Rock R fwd ¼ L, recover weight onto L(3 :00) , Rock R fwd ¼ L, recover weight onto L(12:00), step R fwd
4-5-6 Rock L fwd ¼ R, recover weight onto R (3 :00), Rock L fwd ¼ R, recover weight onto R (6 :00), step L fwd

PART B (22counts)

[1-8] STEP TOUCH, SIDE KICK, BEHIND SIDE CROSS, STEP TURN 1/2, TRIPPLE FOWARD

1&2&3 step R to R, touch L together R (&), step L to L, kick R (&)
3&4 Cross R behind L, step L to L, cross R over L
5-6 step L fwd, turn ½ R
7&8 shuffle L fwd

[9-16] MAMBO STEP, TRIPPLE BACK, BACK STEP, FULL TURN

1&2 Rock R fwd, recover weight back onto L, step R back
3&4 shuffle L back
5-6 Rock R fwd, recover weight back onto L
7-8 ½ L stepping R back, ½ L stepping L fwd

[17-22] SIDE ROCK, BALL, SIDE ROCK, BALL, POINT, TOUCH, SNAP

1-2 Rock right to right, recover weight onto left
&3-4 Ball step right, Rock left to left, recover weight onto right
&5-6 Ball step left, point right to right, touch right beside left

PART C (30 counts)

[1-8] SLIDE, ROCK STEP, SLIDE, ROCK STEP, ¼ WALK, ¼ WALK, TRIPPLE FOWARD

1-2& step right to right, Rock left behind right, recover weight onto right
3-4& step left to left, Rock right nehind left, recover weight onto left
5-6 ¼ step right foward, ¼ step right foward
7&8 shuffle R fwd

[9-16] ROCK STEP, COASTER STEP, ROCK STEP, TRIPPLE STEP ½

1-2 rock left fwd
3&4 Step L back, step R together, step L fwd
5-6 rock right fwd
7&8 shuffle right ½ right

[17-24] ROCK STEP, COASTER STEP, SIDE, TOGETHER, STEP FWD, HOLD

1-2 rock left fwd
3&4 Step L back, step R together, step L fwd
5-6 step right to right, step left next to right
7-8 step right fwd, hold

[25-30] SIDE, TOGETHER, BACK STEP, HOLD, SIDE ROCK

1-2 step left to left, step right next to left
3-4 step left back, hold
5-6 rock right to right

PART A MODIEFIED (28 counts)

[1-8] 2x Walks fwd, mambo, 2x walks back, anchor step

1-2 walk R fwd, walk L fwd
3&4 Rock R fwd, recover weight back onto L, step R back
5-6 Walk L back, walk R back
7&8 Triple step on place : put weight on left foot (slightly back), then on the right foot, then on the left foot

[9-16] MODIFIED RUMBA BOX, STEP TOUCH, BACK, SAILOR ½ R

1&2 Right step to right, left next to right, right step fwd
3&4 Left step to left, right next to left, left step fwd
5&6 Step R fwd, touch L behind R, step back on L
7&8 Cross R behind L ½ R stepping L next to R (&), step R to R side

[17-24] CROSS, SIDE, SAILOR HEEL, BALL CROSS, SIDE, BEHIND SIDE CROSS

12 Cross L over R, Step R to right
3&4 Cross L behind R, stepping R next to L (&), heel L next to R
&5-6 L ball, cross R over L step L to L side
7&8 Cross R behind L, step L to L, cross R over L

[25-28] SIDE, TOUCH, SIDE, TOUCH

1-2 Step L to L side, touch R together
3-4 Step R to R side, touch L together

ENJOY !!!

Last Update: 30 Oct 2024

