

Please (So Nice)

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Kevin Stapornkul (USA) - August 2024
音樂: Please Please Please - Sabrina Carpenter



Intro – 32 counts

Sequence – AA BB A BB AA

Part A:

A [1-8] SIDE ROCK, RECOVER, ¼ TURN WEAVE, ROCK, RECOVER, COASTER STEP

1-2 Rock RF to R side, Recover on LF
3&4 Cross RF behind LF, Turn ¼ L and step LF forward (9:00), Step RF forward
5-6 Rock LF forward, Recover on RF
7&8 Step LF back, Step RF next to LF, Step LF slightly forward

A [9-16] ROCK, RECOVER, ½ SHUFFLE TURN, ½ TURN, SWEEPING WEAVE

1-2 Rock RF forward, Recover LF
3&4 Turn ¼ R and step RF to R side, Step LF next to RF, Turn ¼ R and step RF forward
5-6 Step LF forward, Turn ½ L and step RF back
7&8 Sweep LF around and cross behind RF, Step RF to R side, Step LF across RF

Styling Option: Full turn over L shoulder on 7&8

A [17-24] SIDE, SYNCOPATED WEAVE, SIDE ROCK, RECOVER, ½ TURN WEAVE

1-2& Step RF to R side, Cross LF behind RF, Step RF to R side
3&4& Step LF across RF, Step RF to R side, Cross LF behind RF, Step RF to R side
5-6& Step LF across RF, Rock RF to R side, recover on LF
7&8 Cross RF behind LF, Turn ¼ L and step LF forward, Turn ¼ L and step RF to R side (3:00)

A [25-32] BALL, POINTS WITH HOLDS x2, HEEL SWITCHES, ROCK, RECOVER

&1-2 Step LF next to RF, Point RF to R side, Hold
&3-4 Close RF next to LF, Point LF to L side, Hold
&5&6 Close LF next to RF, Touch R heel forward, Close RF next to LF, Touch L heel forward
&7-8 Close LF next to RF, Rock forward on RF, Recover on LF while turning ¼ R (6:00)

Part B:

B [1-8] SIDE ROCK, BALL, SIDE ROCK, BALL, TORQUING ROCKING CHAIR

1-2& Rock RF to R side, Replace weight to LF, Close RF next to LF
3-4& Rock LF to L side, Replace weight to RF, Close LF next to RF
5-6 Rock RF forward, Recover on LF
7-8 Rock RF back while torquing body ¼ to R, Recover on LF squaring body (12:00)

B [9-16] ¼ TURN, WEAVE, STOMP HITCH, STEP BACK x3, HOOK

1-2&3 Turn ¼ L step RF to R (9:00), Cross LF behind RF, Step RF to R side, Step LF across RF
4 RF stomp with L hitch
5-6-7 Step LF back, Step RF back, Step LF back
8 R hook

Styling Option: Full turn over L shoulder on 2&3

B [17-24] STEP TOUCH, ¼ STEP TOUCH, STEP TOUCH, ROCK, RECOVER

1-2 Step RF to R side, Touch LF beside RF
3-4 ¼ Turn L stepping LF to L side (6:00), Touch RF beside LF
5-6 Step RF to R diagonal, Touch LF beside RF
7-8 Rock LF forward, Recover RF

B [25-32] ½ SHUFFLE TRIPLE x2, SWEEPING SAILOR STEP, CROSS ROCK, RECOVER

- 1&2 Turn ¼ L and step LF to L side, Step RF next to LF, Turn ¼ L and step LF forward
3&4 Turn ¼ L and step RF to R side, Step LF next to RF, Turn ¼ L and step RF back
5&6 Sweep LF around and cross LF behind RF, Step RF next to LF, Step LF slightly forward
7-8 Cross Rock RF behind LF, Recover on LF

Please, please, please have fun !

Contact Kevin: KStapornkul@gmail.com for questions or comments

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