

Lemonade

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Heidi Pritchard (UK) - August 2024
音樂: LEMONADE - Rhiannon Paige



Restart - Wall 6 after count 16

Sec 1 TOE STRUTS FORWARD x 4, ROCKING CHAIR x 2

1&2& Touch R Toe forward, drop R heel, Touch L Toe forward, drop L heel
3&4& Touch R toe forward, drop R heel, Touch L toe forward, drop L heel
5&6& Rock R forward, Recover on L, Rock back on R, Recover on L
7&8& Rock R forward, Recover on L, Rock back on R, Recover on L

Sec 2 STEP, PIVOT 1/4, CROSS, RUMBA BOX BACK, SCUFF, LOCK STEP FORWARD

1&2 Step Forward on R, Pivot 1/4 L (9:00), Cross R over L
3&4& Step L to L side, Step R next to L, Step back on L, Touch R beside L
5&6& Step R to R side, Step L next to R, Step forward on R, Scuff L forward
7&8 Step L Forward, Lock R behind L, Step L Forward

Restart: Restart here on Wall 6

Sec 3 1/4 PADDLE TURN x2, LOCK STEP FORWARD, MAMBO FORWARD, CLAP, STEP, CLAP, STEP, CLAP

1&2& Touch R toe forward, Turn 1/4 Left lifting R Knee, Touch R toe forward, Turn 1/4 L lifting R knee
3&4 Step R forward, Lock L behind R, Step R forward
5&6& Rock L forward, Recover on R, Step back on L, Clap
7&8& Step back on R, Clap, Step back on L, Clap

Sec 4 COASTER STEP, SCUFF, LOCK STEP FORWARD, K-STEP

1&2& Step back on R, Step L beside R, Step forward R, Scuff L forward
3&4 Step L forward, Lock R behind L, Step forward on L
5&6& Step R to R diagonally forward, touch L beside R and clap, Step L to L diagonally back, Touch R beside L and clap
7&8& Step R to R diagonally back, Touch L beside R and clap, Step L to L diagonally forward, Touch R beside L and clap

Please drop me an email at heidi@feeltherhythm.co.uk with your videos of the dance! Enjoy!