

Please Have Good Grip

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Daniel Exton (UK) - July 2024
音樂: Please Don't Let Me Go - Olly Murs



Intro: 16 Counts. Start at approx 11 secs.

SEC 1 WALK, WALK, SHUFFLE, STEP, ¼ PIVOT, WEAVE

1-2 Walk forward Right, Walk forward Left
3&4 Step forward on Left foot, Right next to Left, Step forward on Left foot
5-6 Step forward on Left foot, ¼ turn Right (3:00)
7&8& Left cross over Right, Right to Right side, Left behind Right, Right to Right side

SEC 2 CROSS ROCK, SIDE ROCK, SAILOR, SAILOR ¼

1-2 Cross Rock Left over Right, Recover onto Right
3-4 Rock Left to Left side, Recover onto Right
5&6 Left behind Right, Right to Right side, Left to Left side
7&8 Right behind Left with ¼ turn Right, Left to Left side, Right to Right side (6:00)

SEC 3 HEEL STRUT X2, ROCK, TOE STRUT BACK X2, BACK ROCK

1&2& Left heel forward, Left foot down, Right heel forward, Right foot down
3-4 Rock forward on Left foot, Recover onto Right
5&6& Left toes back, Left foot down, Right toes back, Right toes down
7-8 Rock back on Left foot, Recover onto Right

SEC 4 CROSS, POINT, CROSS, POINT, JAZZBOX ¼

1-2 Cross Left over Right, Point Right to Right side
3-4 Cross Right over Left, Point Left to Left side
5-6 Cross Left over Right, Back on Right foot
7-8 Left to Left side with ¼ turn Left, Right next to Left (Weight on L) (3:00)

Restart Here on Wall 5, Dance the Tag then Restart

SEC 5 BOX FORWARD, BOX BACK, VINE CROSS

1&2 Right to Right side, Left next to Right, Right foot forward
3&4 Left to Left side, Right next to Left, Left foot back
5-6 Right to Right side, Left behind Right
7-8 Right to Right side, Left cross over Right

SEC 6 BOX FORWARD, BOX BACK, MONTERREY ¼

1&2 Right to Right side, Left next to Right, Right foot forward
3&4 Left to Left side, Right next to Left, Left foot back
5-6 Point Right to Right side, ¼ turn Right as you bring Right next to Left (6:00)
7-8 Point Left to Left side, Left next to Right (Weight on L)

Tag At End of Wall 2 and after 32 counts of Wall 5

ROCKING CHAIR

1-2 Rock forward on Right foot, Recover onto Left
3-4 Rock Back on Right foot, Recover onto Left