

S4S Everlasting

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Linda Sisson-Zachery (USA) & Douglas Hawkins (USA) - December 2024
音樂: Everlasting Love (feat. Chaka Khan) - Rufus



I believe soul dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, and making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. Because the music and lyrics are so important, lyrics are shown below, matched with the corresponding steps. The counts are based on the rhythm of the music.

The dance starts when the singing starts. This is a laid back dance, don't rush it!

HEEL STEP, ROCK STEP AT 12:00, QTR TURNING STEP RIGHT TO 3:00

- 1 2 Step forward on right heel, bouncing to the beat
- 3 4& Rock forward on left, recover on right slowly swing left foot back, give it weight on &
- 5 6 Put weight down on left foot
- 7 8 Quarter turn to right on left foot, step on right heel for 7

REPEAT STEPS 1-8 ABOVE STARTING AT 3 ENDING AT 6

REPEAT STEPS 1-8 ABOVE STARTING AT 6 ENDING AT 9

REPEAT STEPS 1-8 ABOVE STARTING AT 9 ENDING AT 12

CHA CHA ROCKS

- 1&2 3 4 Step right, left together, right, rock back on left, recover on right
- 5&6 7 8 Step left, right together, left, sway right then left

BACK WALKS WITH SITS

- 1 2 3 4 Step back on right bounce, on 3 step back on left, bounce on 4
- 5 6 7 8 Step back on right bouncing for 6 7 8

RUNNING STEPS HALF TURN

- 1&2 3 4 Run forward left, right, left, rock forward on right, recover
- 5&6 7 8 Run back right, left, right, place left foot behind right and make half turn to 6:00

REPEAT BACK WALKS WITH SITS

REPEAT THE DANCE

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