

Cherry Sorbet / Sorbet Sway

COPPER KNOB
BY STEPSHEETS

拍數: 56 牆數: 2 級數: High Intermediate
編舞者: Noonie - December 2024
音樂: CHERRY SORBET (feat. Sevyn Streeter) - DIXSON



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong muscle memories. When the music changes, the choreographer has presented a new "PART", hence Part 1, Part 2, Part 3 and that is why these three parts are also repeated again after all three have been danced, because those corresponding music themes reappear. Some dancers look up the lyrics and learn the parts that go with the lyrics. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. The dance starts after Sevyn Streeter says "5...4...3"

PART 1: 16 COUNTS NOTE: PART 1 IS ALWAYS DANCED TWICE IN A ROW, ALL 16 COUNTS HIP SWAYS RL, BEHIND SIDE CROSS, REVERSE

1 2 Sway hips right, left
3&4 Head left with right foot going behind left, step left side, cross right in front
5 6 Sway hips left, right
7&8 Head right with left foot going behind right, step right side, cross left in front

#4 PADDLES/CHUGS TO LEFT MAKE WHOLE 360 DEGREE TURN

1 2 Step on right foot starting quarter left turn paddling pushing to left and changing weight to left
3 4 5 6 7 8 Repeat above 3 times to return to front wall

PART 2: 24 COUNTS

RIGHT POINT, LEFT POINT, BACK DIPPING STEPS.

1 2 3 4 Step on right, point left foot, step on left, point right foot
5 6 7 8 Step back on right, dip in that position, repeat stepping back on left

WALKING BACKWARDS/"EASY", CONTINUOUS HALF RIGHT TURNS

1 2 Step back pivoting to right on right foot, finish turn on left foot to face 6:00
3 4 Step back pivoting to right on right foot, finish turn on left foot to face 12:00

OUT IN OUT IN RIGHT SIDE, LEFT SIDE

5&6& Right out, right in, left out, left in
7&8& Tap right forward, return in, left tap, left in

RIGHT POINT, LEFT POINT, BACK DIPPING STEPS.

1 2 3 4 Step on right, point left foot, step on left, point right foot
5 6 7 8 Step back on right, dip in that position, repeat stepping back on left

EASY STEPS, CONTINUOUS HALF RIGHTS, TRANSITION

1 2 Step back pivoting to right on right foot, finish turn on left foot to face 6:00
3 4 Step back pivoting to right on right foot, finish turn on left foot to face 12:00
5&6& Right out, in, left out, in
7&8& uh Run up left, right, left, point right foot out, in

PART 3: 16 COUNTS

KICK SEQUENCE

1&2 Kick right, back step on right, recover left
3&4 Kick left, back left, recover right
5 6 Step right back diagonal, drag left foot in
7&8& Left foot out, in, out

9&10 Kick right, back step on right, recover left
11&12 Kick left, back left, recover right
13 14 Step right back diagonal, drag left foot in
15&16& Left foot out, in, out

LEANS: SINGLE, SINGLE, DOUBLE

1 2 Lean to left, Lean to right
3 4 Lean to left for 2 counts
5 6 7 8 Lean to right, left, right for 2 counts

REPEAT ENTIRE 16 COUNT KICK SEQUENCE

REPEAT THE 8 COUNT LEAN SEQUENCE

REPEAT ALL OF PART 1 EXACTLY AS DESCRIBED ABOVE

REPEAT ALL OF PART 2 EXACTLY AS DESCRIBED ABOVE

REPEAT ALL OF PART 3 EXACTLY AS DESCRIBED ABOVE

ENDING 8 COUNTS

DIP TURNS BODY ROLL UPS

1 2 3&4 To the left dip/bend, left facing body roll up
5 6 7&8 To right, dip, bend, right facing body roll up

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