

Laid Back In Time (P)

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 0 級數: Partner
編舞者: Brian Banbury (UK)
音樂: The Heart That You Own - Dwight Yoakam



Position: Side by Side (Same Footwork)

LEFT VINE, SIDE ROCKS

1-4 Step left, right behind left, step left doing ½ turn left, right rock right
5-8 Rock left, rock right, rock left, rock right

Hands: release hands on vine: pick up man's left and lady's right on the rock counts

LEFT VINE, SIDE ROCKS

1-4 Step left, right behind left, step left doing ½ turn left, right rock right
5-8 Rock left, rock right, rock left, rock right

Hands: release hands on vine, resume side by side position

STEP, TOUCH, STEP, LOCK, STEP, TOE, HEEL, TOE

1-4 Left forward, touch right beside left, right forward diagonal right, left behind right, right forward diagonal right, touch left toe by right
5-8 Touch left heel forward, touch left toe across front of right

LEFT VINE, TOUCH, DIAGONAL LOCK, TOUCH

1-4 Step left, right behind left, step left, right touch beside left
5-8 Right forward diagonal right, left behind right, right forward diagonal right, touch left beside right

LEFT, RIGHT, LEFT, RIGHT SHUFFLES TRAVELING DOWN LOD

1&2-3&4 Left shuffle turning ¼ left (moving forward), right shuffle turn ¼ left (backwards down LOD)
Hands: release right hands on 1st & 2nd shuffle
5&6-7&8 Left shuffle turning ¼ left (facing outside LOD), right shuffle turn ¼ left (forward down LOD)
Rejoin hands on second 3rd shuffle (man behind lady)

¼ TURN RIGHT HOLD, ROCK, HOLD, LEFT VINE, ¼ TURN LEFT

1-2 On ball of right pivot ¼ turn right, left step left (weight on left), hold
3-4 Change weight to right, hold
5-8 Step left, right behind left, left step left into ¼ turn left, brush right through

LOCK STEP, TOUCH STEP TWICE

1-4 Right forward diagonal right, left behind right, right forward diagonal right, touch left beside right
5-8 Left forward diagonal left, touch right beside left, right forward diagonal right, touch left beside right

REPEAT