

Last Thing On My Mind

COPPER KNOB
STEPSHEETS

拍數: 44 牆數: 2 級數: Improver
編舞者: "Rodeo" Ruth Lambden (UK)
音樂: Last Thing On My Mind - Steps



SIDE SHUFFLE RIGHT WITH ½ TURN & SIDE SHUFFLE LEFT TWICE

1&2 Side shuffle right with ½ turn right stepping - right-left-right
3&4 Side shuffle left stepping - left-right-left
5&6 Side shuffle right with ½ turn right stepping - right-left-right
7&8 Side shuffle left stepping - left-right-left

HEEL DIGS & HEEL SWITCHES

9-10 Touch right heel forward, step right beside left
1-12 Touch left heel forward, step left beside right
13& Touch right heel forward, step right beside left
14& Touch left heel forward, step left beside right
15& Touch right heel forward, step right beside left
16 Touch left heel forward

SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK, ROCK STEP

17&18 Step forward left, close right beside left, step forward left
19-20 Rock forward on right, rock back onto left
21&22 Step back right, close left beside right, step back right
23-24 Rock back left, rock forward right

SIDE, CLOSE, SIDE, TOUCH WITH ARM SWING & CLICK, RIGHT LUNGE

25 Step left to left side, (push elbows back)
26 Step right beside left, (swing arms forward and click fingers)
27-28 Step left to left side, touch right beside left (repeat arm moves)
29-30 Step right large step right with knee bent (lunge), hold
31-32 Slide left foot to right, step left beside right (weight ends on left)

½ TURN CHUGS, FULL TURN CHUGS, CROSS, UNWIND FULL TURN

33-35 On ball of left use right toe to make ½ turn left in 3 toe pushes
36 Step right beside left taking weight
37-40 On ball of right use left toe to make a full turn right in 4 pushes
41 Cross left toe over right
42-44 Unwind full turn right, taking weight onto left

HANDS: (OPTIONAL) TO BE DANCED DURING CHORUS, WALLS 2,4,6,7

1-8 Roll arms calypso style during shuffles
9-12 With each heel dig swing thumbs up towards head then down again
29-30 Point right index finger up to right diagonal, left hand on hip
33-40 With palms flat at either side of head, elbows out, move hands in small circles as if shampooing hair

REPEAT