

Let's Do Lunch

COPPER KNOB
STEPSHETS

拍數: 64 牆數: 4 級數: Advanced
編舞者: Michele Burton (USA)
音樂: Let Me Be Your Lover - Delbert McClinton



STEP TOUCH, STEP TOUCH, STEP TOUCH, BALL ¼ TURN STEP

1-6 Right step forward, left touch beside right (angle body to right diagonal), left step forward, right touch beside left (angle body to left diagonal), right step forward, left touch beside right (angle body to right diagonal)

Finger snaps on counts 2, 4, 6

&7-8 Step forward on ball of left foot, ¼ turn right stepping on right foot, left step beside right

ROCK RETURN ¼, BALL, STEP, TOUCH FORWARD, BACK, FORWARD, BACK (ON DIAGONAL)

1-4 Right rock step forward, return onto left making ¼ turn right, touch ball of right foot at forward right diagonal (right knee popped, heel up), step right in place

5-8 Left toe touch forward diagonal right, left toe touch back diagonal left, left toe touch forward diagonal right, left toe touch back diagonal left

TOE, HEEL DROP THREE TIMES, ROCK ¼ TURN, SHUFFLE FORWARD

1-4 Left ball of foot touch forward diagonal right (left heel up, knee popped, foot pointing forward), left heel drop, left heel drop, left heel drop (weight left foot on count 4)

Option: shoulder shimmies on counts 2, 3, 4

5-6 Rock step on right side right, left step into ¼ turn left

7&8 Right step forward, left step beside right, right step forward

KICK BALL CHANGE (TO SIDE), STEP BACK CROSS, BIG DRAG SLIDE LEFT, STEP STEP

1&2 Left kick side left, left step behind right, right step to right

3-4 Left step slightly back, right cross over left

5-7 Left step big side step left, dragging right foot to left (2 count drag)

&8 Right step beside left, left step beside right

SYNCOPATED VINE, 1 ¼ TURN, FORWARD COASTER STEP

1-2&3-4 Right step right, left cross behind right, right step right, left crossover right, right step into ¼ turn right

5-6 ½ turn right stepping back on left, ½ turn right stepping forward on right

7&8 Left step forward, right step beside left, left step back

STEP DRAG/TOUCH, STEP DRAG/TOUCH, STEP RIGHT (WITH KNEE POPS), HEEL DROP, HEEL DROP

1-4 Right step back at right diagonal, left drag back & touch beside right, left step back at left diagonal, right drag back & touch beside left (each drag touch is 1 count)

5 Right step to right side (at same time, pop left knee to left and look left)

The body just made a subtle ¼ turn and is now facing your new wall)

6 Drop left heel (finger snaps with heel drops)

7-8 Lift left heel, drop left heel (weight left foot on count 8)

STEP TOUCH (ROLL & TOUCH), STEP TOUCH (ROLL & TOUCH), ROCK RETURN, SHUFFLE

1-2 Step to right with right foot (while bending knees and rolling hips back and to right), touch left toe in place (straighten left leg)

3-4 Step down on left foot (while bending knees and rolling hips back and to left), touch right toe in place (straighten right leg)

5-6 Rock back on right foot, return weight to left foot

7&8 Right step forward, left step beside right, right step forward

KICK BALL CHANGE (TO SIDE), STEP BACK CROSS, BIG DRAG SLIDE LEFT, STEP STEP

1&2 Left kick side left, left step behind right, right step to right

3-4 Left step slightly back, right cross over left

5-7 Left step big side step left, dragging right foot to left (2 count drag)

&8 Right step beside left, left step beside right

REPEAT
