

Liquid Dreams

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2
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音樂: Liquid Dreams - O-Town



Sequence: AB AB AB BB

PART A

ROCK STEP, SHUFFLE, ROCK STEP, COASTER STEP

- 1-2 Right foot rock forward, replace weight on left foot
- 3&4 Right foot step to right side, left foot next to right foot, ¼ turn to the right and right foot step forward
- 5-6 Left foot rock forward, replace weight on right foot
- 7&8 Left foot step back, right foot next to left foot, left foot step forward

STEPS, TOUCHES, SNAKES BACK

- 1-2 Right foot step forward, left foot touch forward
- 3-4 Left foot step forward, right foot touch forward
- 5-6 Snake back over your right shoulder, on (6) weight is on right foot
- &7-8 Bring feet together, right foot step back and snake back, bring feet together

DIAGONAL CROSS STEPS, MAMBO STEPS

- 1&2 Right foot step diagonal. To the right forward, left foot next to right foot cross in front of left foot
- 3&4 Left foot step diagonal. To the left forward, right foot next to left foot, left foot cross in front of right foot
- 5&6 Right foot step to right side, change weight back to left foot, bring feet together weight is on right foot
- 7&8 Left foot step to left side, change weight back to right foot, bring feet together weight in on left foot

MAMBO STEP, ARM MOVEMENT, TOUCHES, BODY ROLL

- 1&2 Right foot step forward, change weight back to left foot, bring feet together
- 3&4 Left hand to right shoulder, left hand to left shoulder, left hand to your left cheek
- 5-6 Right foot touch forward, right foot touch back
- 7-8 Body roll with a ½ turn to the right, bring feet together

JUMP, TOUCHES, STEP

- & Jump with both feet
- 1 Right foot touch to right side
- 2-3 Right foot step forward, left foot touch forward
- 4 Turn ¼ turn to the right only with your head
- &5 Left foot step back, next to right foot, right foot touch next to left foot
- &6 Right foot a small step back, left foot touch forward
- &7&8 Repeat &5&6

RONDE, SHUFFLE, ROCK STEP, ARM MOVEMENT

- & Left foot next to right foot
- 1-2 With right foot a ½ turn ronde, at end right foot is next to left foot and weight is on right
- 3&4 With left foot shuffle to the left
- 5-6 Right foot rock back, replace weight on left foot
- 7&8 Push right fist to right side, right fist to the inside, right fist goes down

PADDLE TURN, STEP, LOCK, LOCK STEP

- 1&2&3&4& Start with right foot and make four ½ paddle turns
- 5-6 Right foot step forward, left foot lock behind right foot
- 7&8 Right lock step forward

¾ TURN, LOCK STEP, KICK BALL TOUCH, SIT UP

- 1-2 Left foot cross in front of right, ¾ turn to the right
- 3&4 Left lock step forward
- 5&6 Right foot kick forward, right foot step in place, left foot touch forward
- 7-8 Sit up (bump hip down & up) at the end weight is on left foot

PART B

ROCK STEP, CROSS SHUFFLE, VAUDEVILLE STEPS

- 1-2 Right foot rock to right side, replace weight on left foot
- 3&4 Right foot cross in front of left, left foot step to left side, right foot cross in front of left
- &5 Left foot step in place, kick right foot forward
- &6 Right foot small step back, left foot cross in front of right foot
- &7 Right foot small step to right side, kick left foot forward
- &8 Left foot small step back, right foot touch next to left foot

STEPS, SHOULDER MOVEMENTS, BALANCE STEPS

- 1 Right foot step back
- & Push left shoulder down and right shoulder up
- 2 Push left shoulder up and right shoulder down, turn your head to right side as far as you can
- 3-4 Left foot step in place, right foot next to the instep of left foot
- 5 Put your weight on ball of left foot and on heel of right foot
- 6 Change weight on heel of left foot and on ball of right foot
- 7 Change weight on ball of left foot and on heel of right foot
- 8 Replace weight on both feet

ARM MOVEMENTS, TOUCHES, ½ TURN SHUFFLE

- 1 With both hands make a big fist and push it diagonally up to right side
- & Push fist down in front of chest
- 2 Push fist diagonally up to left side
- & Push fist down in front of chest
- 3 Right arm diagonal right side up, left arm diagonal left side up
- & Right hand touch right shoulder, left hand touch left shoulder
- 4 Both arms down
- 5 Right foot touch right side, at same time right fist push up diagonally to left side
- &6 Bring feet together, left foot touch left side, at same time left fist push up diagonally to right side
- 7&8 Turning shuffle ½ to the left

ARM MOVEMENT, STEPS, SNAKES

- 1-2 Bring feet together and right arm diagonally right side up, left arm left side diagonally up (1), hold (2)
- 3-4 Right foot step forward, left foot step next to right foot
- 5-6 Snake to the right
- 7-8 Snake to the left

REPEAT
