

Little Bit Longer (P)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Partner
編舞者: Michelle Chandonnet (CAN) & Marc Archambault (CAN)
音樂: Love Me a Little Bit Longer - Heather Myles



MAN: 4 SHUFFLES FORWARD, LADY: 2 SHUFFLES FORWARD, 2 SHUFFLES ½ TURN

1&2 MAN: Shuffle forward right-left-right
 LADY: Shuffle forward left-right-left
3&4 MAN: Shuffle forward left-right-left
 LADY: Shuffle forward right-left-right
Keep hands joined raising left arm over lady's head
5&6 MAN: Shuffle forward right-left-right
 LADY: Shuffle forward left-right-left ½ turn to right
Keep hands joined. Put left arm down. Skaters position
7&8 MAN: Shuffle forward left-right-left
 LADY: Shuffle forward right-left-right ½ turn to right

MAN: 2 SHUFFLES ½ TURN, 2 SHUFFLES FORWARD, LADY: 4 SHUFFLES FORWARD

Release right hand raising left arm over men's head
1&2 MAN: Shuffle forward right-left-right ½ turn to left
 LADY: Shuffle forward left-right-left
3&4 MAN: Shuffle forward left-right-left ½ turn to left
 LADY: Shuffle forward right-left-right
Back to side-by side position
5&6 MAN: Shuffle forward right-left-right
 LADY: Shuffle forward left-right-left
7&8 MAN: Shuffle forward left-right-left
 LADY: Shuffle forward right-left-right

DOUBLE KICK, COASTER STEP, STEP ¼ TURN, STEP CROSSED, ROCK STEP

1-2 MAN: Double kick right forward
 LADY: Double kick left forward
3&4 MAN: Step right back, step left beside right, step right forward
 LADY: Step left back, step right beside left, step left forward
Pass right arm over lady's head. Face to face, hands crossed. Open double crossed hold position
5-6 MAN: Step left ¼ turn to right, step right behind left
 LADY: Step right ¼ turn to left, step left behind right
7-8 MAN: Rock left to left, rock back on right
 LADY: Rock right to right, rock back on left

STEP, STEP, TRIPLE STEP, STEP, STEP, TRIPLE STEP

1-2 MAN: Step left back, step right back
 LADY: Step right forward, step left forward
3&4 MAN: Triple step left-right-left on place
 LADY: Triple step right-left-right on place
5-6 MAN: Step right forward, step left forward
 LADY: Step left back, step right back
7&8 MAN: Triple step right-left-right on place
 LADY: Triple step left-right-left on place

MAN: STEP ¼ TURN, STEP, SHUFFLE, LADY: STEP ¼ TURN, STEP ½ TURN, SHUFFLE ½ TURN
Release left hand. Raise right arm over lady's head

1-2 **MAN:** Step left ¼ turn to left, step right forward
 LADY: Step right ¼ turn to right, step left forward turning ½ turn to right

3&4 **MAN:** Shuffle forward left-right-left
 LADY: Shuffle right-left-right ½ turn to right

Back to side-by-side position

5-6 **MAN:** Step right forward, step left forward
 LADY: Step left forward, step right forward

7&8 **MAN:** Shuffle forward right-left-right
 LADY: Shuffle forward left-right-left

STEP, PIVOT ¼ TURN/TOUCH, KICK BALL CHANGE, STEP, PIVOT ¼ TURN/STEP, KICK BALL CHANGE

Release right hand

1-2 **MAN:** Step left to left, pivot ¼ turn to right on ball of left touching right beside left
 LADY: Step right to right, pivot ¼ turn to left on ball of right touching left beside right

3&4 **MAN:** Kick right forward, step right beside left, step left beside right
 LADY: Kick left forward, step left beside right, step right beside left

On count 6, back to side-by-side position

5-6 **MAN:** Step right forward, pivot ¼ turn to left on ball of right stepping left beside right
 LADY: Step left forward, pivot ¼ turn to right on ball of left stepping right beside left

7&8 **MAN:** Kick right forward, step right beside left, step left beside right
 LADY: Kick left forward, step left beside right, step right beside left

STEP, STEP, SHUFFLE, STEP, STEP, SHUFFLE

1-2 **MAN:** Step right forward, step left forward
 LADY: Step left forward, step right forward

3&4 **MAN:** Shuffle forward right-left-right
 LADY: Shuffle forward left-right-left

5-6 **MAN:** Step left forward, step right forward
 LADY: Step right forward, step left forward

7&8 **MAN:** Shuffle forward left-right-left
 LADY: Shuffle forward right-left-right

ROCK STEP, SHUFFLE, STEP, PIVOT ½ TURN, SHUFFLE

1-2 **MAN:** Rock right forward, rock back on left
 LADY: Rock left forward, rock back on right

Release right hand, keep left hand

3&4 **MAN:** Shuffle ½ turn to right right-left-right
 LADY: Shuffle ½ turn to left left-right-left

Release left hand. Both hands are free

5-6 **MAN:** Step left forward, pivot ½ turn to right
 LADY: Step right forward, pivot ½ turn to left

Back to side-by-side position

7&8 **MAN:** Shuffle forward left-right-left
 LADY: Shuffle forward right-left-right

REPEAT
