

Little Bit O' Ballroom

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Neil Hale (USA)
音樂: La Valse De Pop - Geno Delafosse & French Rockin' Boogie



STEP/SPIN, STEP, STEP; STEP, STEP, STEP

1-3 Step left forward and spin into ½ turn left, right step next to left, left step next to right
4-6 Step right back, left step next to right, step right forward
7-12 Repeat above 6 counts (12:00)

TWINKLES (NO FORWARD TRAVEL): CROSS-STEP, STEP/PIVOT, STEP; CROSS-STEP, STEP/PIVOT, STEP

1 Left cross-step in front of right
2 Right step to right side turning slightly left
3 Left step in place with body facing slightly left
4 Right cross-step in front of left
5 Left step to left side turning slightly right
6 Right step in place with body facing slightly right

TWINKLE (NO FORWARD TRAVEL): CROSS-STEP, STEP/PIVOT, STEP; STEP, STEP, STEP

1 Left cross-step in front of right
2 Right step to right side turning slightly left
3 Left step in place completing ¼ turn left (9:00)
4-5 Right step forward into ¼ turn left, left step in place into ¼ turn left, right step forward into ¼ turn left (12:00)

CROSS-ROCK, RECOVER, STEP; CROSS-ROCK, RECOVER, STEP

1-3 Left cross-rock behind right, recover weight to right, left step to left side
4-6 Right cross-rock behind left, recover weight to left, right step to right side

CROSS-ROCK, RECOVER, STEP; ROCK, RECOVER, STEP

1-3 Left cross-rock behind right, recover weight to right, left step to left side
4-6 Right rock back, recover weight to left, step right forward (12:00)

Advanced option:

5-6 Recover weight to left and spin ½ turn left, step back onto right and spin ½ turn left

STEP, SLIDE, HOLD; STEP, STEP, STEP:

1-3 Step left forward, right toe slide next to left, hold

Advanced option:

2-3 Draw right foot upward along the left leg, right kick forward
4-6 Step right back, left step next to right, step right back

ROCK, RECOVER, STEP; STEP, SLIDE, HOLD

1-3 Left rock to left side, recover weight to right, left step in place into ¼ turn left
4-6 Right step forward into ¼ left, left toe slide next to right, hold (6:00)

REPEAT