

The Long & Short Of It

COPPER KNOB
STEPSHEETS

拍數: 72 牆數: 4 級數: Intermediate
編舞者: Pete Harkness (UK) & Lizzie Clarke (SCO)
音樂: Live to Love Another Day - Keith Urban



RIGHT CHASSE, ROCK RECOVER, LEFT CHASSE, ROCK RECOVER

1&2-3-4 Step right to side & step left beside right, step right to side, rock back left, recover on right
5&6-7-8 Step left to side & step right beside left, step left to side, rock back on right, recover on left

JAZZ BOX WITH TOUCH & CLAP, SIDE TOUCH & CLAP, ¼ RIGHT

1-2-3-4 Cross right over left, step back left, step right to side, touch left beside right & clap
5-6-7&8 Step left to side, touch right beside left & clap, make a ¼ turn right shuffle forward right & left, right

¼ CHASSE, ROCK RECOVER, CHASSE RIGHT, ROCK RECOVER

&1&2-3-4- On ball of right turn ¼ right & step left to side & step right beside left, step left to side, rock back on right, recover on left
5&6-7-8 Step right to side & step left beside right, step right to side, rock back left, recover on right

¼ TURN JAZZ BOX WITH TOUCH & CLAP, SIDE TOUCH CLAP, ¼ LEFT SHUFFLE

1-2-3-4 Cross left over right, step back right, ¼ left stepping left to side, touch right beside left & clap
5-6-7&8 Step right to side, touch left beside right & clap, make a ¼ turn left, shuffle forward left & right, left

STEP, PIVOT, KICKBALL STEP, WALK FORWARD WITH STOMPS, TOUCH FRONT, SIDE

1-2-3&4 Step forward on right, pivot ½ left, kick right in front & step right beside left, step forward on left
5-6-7-8 Stomp forward on right, stomp forward on left, touch right toe front, touch right toe to side

BEHIND, ROCK, RECOVER, BEHIND, SIDE, STEP, PIVOT, STEP

1-2-3-4 Step right behind left, rock left to side, recover on right, step left behind right
5-6-7-8 Step right to side, step forward on left, pivot ½ right, step forward on left

MONTEREY TURN, MONTEREY TURN WITH FLICK

1-2-3-4 Touch right to right side, on ball of left turn ½ right stepping right beside left, touch left to side, step left beside right
5-6-7-8 Touch right to right side, on ball of left turn ½ right stepping right beside left, touch left to side, flick left behind right

¼ TURN, TWIST KICK, BEHIND, SIDE, CROSS, TWIST KICK

1-2-3-4 Step left ¼ turn left, touch right beside left as you twist to left, kick right in front as you twist to right, step right behind left
5-6-7-8 Step left to side, cross right over left, touch left beside right as you twist to right, kick left in front as you twist to left

STEP BACK, TOUCH, RIGHT SHUFFLE, STEP, PIVOT, ROCK & CROSS

1-2-3-4 Step back on left, touch right toe in front of left, shuffle forward right & left, right
5-6-7&8 Step forward on left, pivot ½ turn right, rock left to side & recover on right, cross left over right

REPEAT