

Message 4 You

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Lois Lightfoot (UK)
音樂: Leave a Message, Juanita - The Derailers



ROCK SIDE RECOVER, CROSS SHUFFLE, RIGHT & LEFT

1-2 Rock right foot out to side, recover weight onto left foot
3&4 Step right foot over left, step left to left side, cross right over left foot
5-6 Rock left foot out to side, recover weight onto right foot
7&8 Cross left foot over right, step right to right side, step left over right

STEP ¼ TURN LEFT, CROSS SHUFFLE, ROCK SIDE, ¼ TURN RIGHT

9-10 Step right back making ¼ turn left, step left to side making ¼ turn left
11&12 Step right foot over left, step left foot to left side, cross right over left
13-14 Rock left foot out to left side, recover weight onto right
15&16 Cross left behind right, step right into a ¼ turn right, step left foot forward

RIGHT KICK BALL STEP TWICE, STEP PIVOT ½ TURN, SHUFFLE FORWARD

17&18 Kick right foot forward, step right next to left, step left foot forward
19&20 Kick right foot forward, step right next to left, step left foot forward
21-22 Step right foot forward, pivot ½ turn to left
23&24 Step right foot forward, step left to right, step right foot forward

LEFT ROCK, COASTER STEP, PIVOT ½ TURN, SHUFFLE FORWARD

25-26 Step & rock forward onto left foot, recover weight onto right foot
27&28 Step left foot back step right next to left, step left foot forward
29-30 Step right foot forward, pivot ½ turn to left
31&32 Step right forward, step left next to right, step right forward

HEEL SWITCHES LEFT & RIGHT CLAP CLAP

33& Touch left heel forward, step left foot back in place
34& Touch right foot out to side, step right back in place
35&36 Touch left foot out to left side, hold & clap hands twice
&37 Step left back in place, touch right out to right side
&38 Step right back in place, touch left heel forward
&39 Step left foot back in place, touch right heel forward
&40 Hold & clap hands twice

STEP RIGHT BACK ½ TURN, PIVOT ½ TURN, ROCK, COASTER STEP

41-42 Step right foot back, pivot ½ turn over right shoulder
43-44 Step left foot forward, pivot ½ turn to right
45-46 Step & rock forward onto left foot, recover weight onto right
47&48 Step left foot back, step right foot next to left, step left foot forward

REPEAT