

Mind Over Matter

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Cindi Talbot (CAN)
音樂: Intuition - Jewel



KICK STEP CROSS, KICK STEP POINT, KICK STEP POINT, SAILOR ¼ TURN

1&2 Kick right forward, step right in place, cross left over right
3&4 Kick right forward, step right in place, point left toe to left side (bend knees)
5&6 Kick left forward, step left in place, point right toe out to right side (bend knees)
7&8 Sailor step right-left-right making ¼ turn right

SHUFFLE HITCH ½, SHUFFLE, ROCKS FORWARD & BACK & ½ TURN STEP

9&10& Shuffle forward left-right-left, hitch right knee making ½ turn right
11&12 Shuffle forward right-left-right
13&14& Rock forward on left, recover right, rock back on left, recover on right
15&16 Step forward on left, pivot ½ turn right(weight on right), step forward left

STEP BEHIND & CROSS SHUFFLE, ROCK RECOVER, PADDLE ½ TURN

17-18 Step right to right, step left behind right
& Step right to right
19&20 Shuffle left-right-left across right
21-22 Rock right to right, recover on left
23&24& Touch right to right, pivot ¼ turn left as you hitch right knee, touch right to right side, pivot ¼ turn left as you hitch right knee

WALK WALK TWISTS FORWARD & BACK, STEP HITCH, COASTER

25& Step forward right as you twist heels in, twist heels out
26& Step forward on left as you twist heels in, twist heels out
27& Touch right forward as you twist heels in, twist heels out
28& Touch right back as you twist heels in, twist heels out
29-30 Step forward right, hitch left knee pivoting ½ turn right
31&32 Back coaster left-right-left

TOUCH HITCH CROSS, SHOULDER SHRUGS (TWICE), TOUCH BACK ½ TURN

33&34 Touch right to right side, hitch right knee, cross right over left
35&36 Lean body left, pushing left shoulder down, up, down
37&38 Lean body right, pushing right shoulder down up down
39-40 Touch left toe behind right foot, pivot ½ turn left putting weight on left

SIDE SHUFFLE ¼, SHUFFLE ¼, SIDE SHUFFLE ¼, SHUFFLE ¼

41&42 Side shuffle right-left-right making ¼ turn left
43&44 Shuffle left-right-left ¼ turn left
45&46 Side shuffle right-left-right making ¼ turn left
47&48 Shuffle left-right-left ¼ turn left

REPEAT