

My Sleepless Nights

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Mary Lou Crowe (USA)
音樂: Sleepin' On the Foldout - Brad Paisley



2 KICK BALL TOUCH, 2 SAILOR SHUFFLES

1&2 Kick right foot forward, step right beside left, touch left to left
3&4 Kick left foot forward. Step left beside right, touch right to right
5&6 Step right behind left, step left to left, step right in place
7&8 Step left behind right, step right to right, step left in place

2 FORWARD SHUFFLES, JAZZ BOX WITH ¼ RIGHT TURN

1&2 Step right forward, step left beside right, step right forward
3&4 Step left forward, step right beside left, step left forward
5-6 Step right over left, step left back
7-8 Step right making a ¼ right turn, step left beside right

2 SKATES, SHUFFLE

1-2 Step on ball of right foot at right angle & swivel to step on ball of left foot at left angle & swivel to return to center
3&4 Shuffle forward stepping right forward, left beside right, right forward
5-6 Step on ball of left foot at left angle & swivel to step on ball of right foot at right angle & swivel to return to center
7&8 Shuffle forward stepping left forward, right beside left, left forward

ROCK STEPS, COASTER, ROCK STEPS TRIPLE ½ LEFT TURN

1-2 Step right forward, step left in place
3&4 Step right back, left beside right, right forward
5-6 Step left forward, step right in place
7&8 Step back on left making a ½ left turn, step right beside left step left in place

REPEAT
