

Nothin' To Prove

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver two step
編舞者: Rebel Roz (SCO)
音樂: Standing On a Rock - Rodney Crowell



STEP ¾ STEP HOLD, COASTER STEP HOLD

1-4 Step forward right ¾ turn left, step on right hold
5-8 Left coaster step, hold

RIGHT HEEL HOOK RIGHT HEEL FLICK, TOUCH OUT IN, HITCH

1-4 Right heel forward, hook in front of left, right heel forward, flick right foot to right side
5-8 Touch right toe forward, twist heels out, left to left, right to right, bring back to center, hitch right knee up

STEP RIGHT LOCK STEP HOLD, STEP ½ TOUCH HOLD

1-4 Step right lock step hold
5-8 Step forward left pivot ½ turn right, touch left beside right hold

LEFT HEEL HOOK LEFT HEEL FLICK, TOUCH OUT IN, HITCH

1-4 Left heel hook, left heel flick
5-8 Left toe forward, twist heels out, left to left right to right, return to center, hitch left knee

LEFT LOCK STEP HOLD, ROCK ½ STEP HOLD

1-4 Left lock step hold
5-8 Rock forward on right replace on left, turn ½ right, step on right, hold

½ TURN STEP HOLD STEP BACK HOLD COASTER STEP HOLD

1-4 ½ turn right step back onto left hold, step back on right hold
5-8 Left coaster step hold

SIDE STRUT, CROSS STRUT, BACK STEP CROSS HOLD

1-4 Right side strut, cross left strut
5-8 Step right back, step left to left side cross right over left

SIDE STRUT CROSS STRUT, BACK STEP CROSS

1-8 Repeat 1-8 leading left foot

REPEAT

ENDING

On the last wall, facing 9:00, rock ¼ turn. Face the front. Hold