

Payback

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4
編舞者: Jenn Manfra (USA)
音樂: Payback - Nick Carter

級數: Improver



KICK CROSS TOUCH, KICK CROSS TOUCH, ROCK RECOVER, TOUCH, STEP, TOUCH, SLIDE, POP

- 1&2 Kick right front, cross right over left, touch left with left foot
- 3&4 Kick left front, cross left foot over right, touch (no weight) right side with right foot
- 5&6 Rock step right behind left, recover to left foot, touch right to right side
- &7&8 Step right to center, touch left to left side, slide left foot to right, pop right foot to ball of foot

SLIDE DIAGONAL RIGHT, SLIDE DIAGONAL LEFT, HEEL, HITCH, BALL, ½ SWIVEL TURN

- 1-2 Step right foot diagonal right-front, slide left foot to right foot
- 3-4 Step left diagonal left-front, slide right foot to left foot
- 5&6 Right heel forward, hitch, right touch forward on ball
- 7&8 Swivel half turn left on balls of feet, ending with weight on flat right foot (hips right, left, right)

BALL CHANGE, HEEL, ¼ TURN, BALL CHANGE, STEP, HEEL, ¼ TOE TURN, COASTER STEP

- 1&2 Step left slight behind right on ball, recover weight to right on ball, left heel forward
- &3&4 Step left center on ball, ¼ turn right stepping to right on ball, left step to back on ball, right heel forward
- 5&6 Right forward on raised ball, left to left on raised ball, ¼ turn right lowering to flat feet
- 7&8 Step right back, step left back, step right forward

½ TOE TURN, COASTER STEP, KICK, STEP, CROSS, TOUCH, STEP, TOUCH

- 1&2 Step left forward on raised ball, rise onto ball of right ½ turn right, lowering to flat feet
- 3&4 Step right back, step left back, step right forward
- 5&6 Kick left front, step left front, ¼ turn right as right crosses over left
- 7&8 Touch left to left side, step left to center, touch right to right side (weight stays on left)

REPEAT

TAG

After 8th wall:

- 1-2 Right cross over left, full turn left
- 3-4 Right touch to left with head down left fist on forehead, fist and head up and to left while right knee turns to right