

Per Sempre Amore

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Paul O'Connor (UK)
音樂: Per Sempre Amore - Lolly



SIDE, TOGETHER, SIDE, TOGETHER, SIDE, CROSS ROCK, ¾ TURN

1-2 Step right foot to right side, step left next to right
3&4 Step right foot to right side, step left foot next to right, step right foot to right side
5-6 Cross rock left foot over right, step back onto right
7&8 Turn ¾ turn over left shoulder on left, right, left

SIDE ROCK STEP, CROSS SHUFFLE, HINGE ½ TURN, STEP, CROSS SHUFFLE

1-2 Step right foot to right side, rock back onto left
3&4 Cross right foot over left, step left foot to left side, cross right foot over left
5-6 Step left foot to left side, pivot ½ turn over right shoulder stepping down onto right foot
7&8 Cross step left foot over right, step right to right side, cross step left foot over right

SIDE TOUCH, TOUCH IN PLACE, RIGHT SHUFFLE BACK, ½ TURN SHUFFLE ROCK FORWARD & BACK

1-2 Touch right toe out to right side, touch right toe next to left
3&4 Shuffle back on right, left, right
5&6 ½ turn shuffle over left shoulder on left, right, left
7&8 Rock forward on right foot, rock back on left foot, step back on right foot

COASTER STEP, KICK BALL TOUCH, HEEL TWISTS, ½ TURN SHUFFLE BACKWARDS

1&2 Step back on left foot, step right next to left, step forward on left
3&4- Kick right foot forward, step in place on right, touch left toe to left side
5&6 Twist both heels to right, twist heels to left, twist heels- to right, making ¼ turn to left
7&8 Making ½ turn back over left shoulder, shuffle left, right, left

FORWARD CHA-CHA'S, SIDE SWITCHES

1&2 Step forward on right foot, step left slightly behind right, step forward on right foot
&3&4 Step left foot slightly behind right, step forward on right, step left behind right, step forward on right
5&6 Touch left toe out to left side, step left next to right touching right toe out to side
&7&8 Step right next to left touching left out to side, step left next to right, touch right out to side

SLIDE, ¼ TURN, HIP BUMPS, SYNCOPATED TOE SWITCHES MOVING FORWARD

1-2 Slide right foot up to left, make ¼ turn to right
3&4 Bump right hip to side, bump left hip to side, bump right hip to side, (weight ends on right foot)
5&6 Touch left toe forward, bring left into place touch right toe forward
&7&8 Bring right foot into place, touch left toe forward, bring left foot into place, touch right toe forward

REPEAT