

Per Sempre Amore

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gaye Teather (UK)
音樂: Per Sempre Amore - Lolly



RIGHT SIDE ROCK, RECOVER, CROSS SHUFFLE TO LEFT, LEFT SIDE ROCK, RECOVER, CROSS SHUFFLE TO RIGHT

1-2 Rock right foot to right side, recover onto left
3&4 Cross right over, left, step left to left, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Cross left over right, step right to right, cross left over right

¾ TURN LEFT, RIGHT SHUFFLE FORWARD, STEP FORWARD LEFT, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD

9-10 Make ¼ turn left, stepping back on right foot, make ½ turn left stepping left foot forward
11&12 Step right forward, close left to right, step right forward
13-14 Step forward on left, pivot ½ turn right
15&16 Step left forward, close right to left, step left forward

HIP PUSHES, CROSS STEPS X 4 MOVING FORWARD

17-18 Point right toe to right pushing right hip upwards and to the right, step right foot forward across left
19-20 Point left toe to left pushing left hip upwards and to left, step left foot forward across right
21-24 Repeat steps 17-20

Optional: during right hip pushes, bend right elbow and bring right arm across body at waist height. During left hip pushes, bend left elbow and bring left arm across body at waist height

POINT SIDE RIGHT, FORWARD ½ MONTEREY TURN WITH LEFT SIDE ROCK, RECOVER, CROSS SHUFFLE TO RIGHT

25-26 Point right toe to right, point right toe forward
27-28 Point right toe to right, on ball of left foot pivot ½ turn right stepping right beside left
29-30 Rock left to left side, recover
31&32 Cross left over right, step right to right, cross left over right

RIGHT SIDE ROCK, RECOVER, RIGHT SAILOR STEP, LEFT SIDE ROCK, RECOVER, LEFT SAILOR STEP

33-34 Rock right to right side, recover onto left
35&36 Cross right behind left, step left to left, step right in place
37-38 Rock left to left side, recover onto right
39&40 Cross left behind right, step right to right, step left in place

RIGHT ROCK FORWARD, RECOVER, SCOOT/STEPS BACK X 3, CROSS & TAP, STEP FORWARD AND FLICK

41-42 Rock forward on right foot, recover back onto left
&43&44 Scoot (hop) back on left stepping right behind left, scoot back on right stepping left behind right
&45-46 Scoot back on left stepping right behind left, tap left toe across right foot
47-48 Step forward on left, flick right foot up behind left

Easier option: steps 43-46 can be replaced by simply walking back right, left, right and tapping left across right

REPEAT

TAG:

At the beginning of the 5th (home wall) only

- 1-4 Step right to right, close left to right, step right to right, close left to right
 - 5-8 Walk forward right, left, right and hitch left knee
 - 9-12 Step left to left, close right to left, step left to left, close right to left
 - 13-16 Walk back left, right, left and hitch right knee
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