

Pure Shores

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Abby Bayford (UK)
音樂: Pure Shores - All Saints



ROCK RECOVER, CROSS SHUFFLE, TOUCH, TURN ¼, HITCH, LEFT FORWARD, MODIFIED HEEL JACK

1-2 Rock right to side, recover to left
3&4 Cross right over left, step left to side, cross right over left
5&6 Touch left toe to side, turn ¼ right and hitch left knee, step left slightly forward
&7&8 Step right back, touch left heel forward, step left together, hitch right knee

STEP SLIDE TO RIGHT, HEEL SWIVELS, RIGHT LOCK STEPS FORWARD WITH OPTIONAL ARM MOVEMENTS

9-10 Big step right to side, slide left together
Ending with left toe touched together
11&12& Touch left toe forward, swivel both heels left, swivel both heels to center, step left together
13-14 Step right forward, lock left behind right
Body should be angled to left diagonal while lock steps are stepping forward
15&16 Step right forward, lock left behind right, touch right forward
Body should still be angled to left diagonal while lock steps are stepping forward
Optional arm movements for counts 13-16
13: Bring right arm up and forward in a crawl swimming stroke
14: Bring left arm up and forward in a crawl swimming stroke
15: Repeat arm movement for count 13
&: Repeat arm movement for count 14
16: Repeat arm movement for counts 13 & 15

TOE SWITCHES TRAVELING BACKWARDS, CROSS UNWIND TURN ½ LEFT, LOCK STEP FORWARD

17& Touch right toe diagonally forward, cross right behind left
18& Touch left toe to side, cross left behind right
19& Touch right toe to side, cross right behind left
20 Touch left toe to side
While doing counts 17-20 you should be traveling backwards
&21-22 Step left together, cross right over left, unwind ½ left (weight to right)
23&24 Step left forward, lock right behind left, step left forward

RONDE TURN ½ LEFT, RIGHT SHUFFLE FORWARD, SWIVEL STEPS, RIGHT CHASSE

25-26 Sweep right from back to front turning ½ left, touch right together
27&28 Step right forward, step left together, step right forward
29-30-31 Skate left, skate right, skate left
&32 Step right together, step left to side

REPEAT