

Sacred Trust

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Joan McKerron (UK)
音樂: Sacred Trust - One True Voice



CHARLESTON STEP AND FULL MONTEREY

1-4 Point right toe forward, step back right, point left toe back, step forward left
5-8 Point right toe to the side, spin full turn on ball of left foot, step on the right foot, touch left toe out to the left and bring back beside right taking the weight

RIGHT ROCK FORWARD, RECOVER LEFT, FULL TRIPLE TURN RIGHT, ROCK LEFT FORWARD, RECOVER RIGHT, FULL TRIPLE TURN LEFT

9-10 Rock forward right, recover left
11&12 Make full turn over right shoulder on triple step, right, left, right
13-14 Rock forward left, recover right
15&16 Make full turn over left shoulder on triple step, left, right, left

RIGHT ROCK FORWARD, RECOVER LEFT, BACK LOCK STEP, ROCK BACK LEFT, RECOVER RIGHT, FORWARD SHUFFLE

17-18 Rock forward right, recover left
19&20 Step back right, lock step left in front of right, step back right
21-22 Rock back left, recover right
23&24 Forward shuffle left, right, left

RIGHT SIDE SHUFFLE, ROCK BACK LEFT, RECOVER RIGHT, LEFT SIDE SHUFFLE, ROCK BACK RIGHT, RECOVER LEFT

25&26 Right side shuffle
27-28 Rock back left, recover right
29&30 Left side shuffle
31-32 Rock back right, recover left

POINT RIGHT, CROSS OVER LEFT, POINT LEFT, CROSS OVER RIGHT, POINT RIGHT, CROSS OVER LEFT MAKING HALF TURN OVER LEFT SHOULDER, HEELS UP AND DOWN

33-36 Point right toe to right side, cross over left, point left toe left side, cross over right
37-40 Point right toe to right side, cross over left turning ½ turn left bouncing heels twice

JUMP OUT, JUMP IN, BOUNCE HEELS

41-42 Out right, out left, in right, in left
43-44 Bounce heels twice

SKATE RIGHT, LEFT, RIGHT SKATE SHUFFLE, SKATE LEFT, RIGHT, LEFT SKATE SHUFFLE

45-46 Skate right, skate left moving slightly forward
47&48 Skate shuffle right, left, right on the right diagonal
49-50 Skate left, skate right
50&52 Skate shuffle left, right, left on the left diagonal

STEP BACK TOUCH, FORWARD TOUCH, KICK AND STEP, KICK AND STEP

53&54 Kick right forward, step back right and bring left toe to right instep
55-56 Step left forward and touch right toe to left instep
57&58 Kick right forward, step right to right and bring left foot beside right
59&60 Kick right forward, step right to right and bring left foot beside right

HIP SWAYS AND TOUCH

61-64 Sway hips left, right, left and touch right foot beside left

REPEAT
