

Sandy's Stroll (P)

COPPER KNOB
STEPSHEETS

拍數: 26 牆數: 0 級數: Partner
編舞者: Harry Mashburn (USA)
音樂: Burn One Down For Me - Clint Black



Position: Couples face outward from center of dance floor. Man is behind lady. The lady has her hands (knuckles) on her hips (with fingers pointing back) and the man hands are touching hers. Line of dance (LOD) is always to the left.

LEFT & TOUCH, RIGHT & TOUCH, HEEL & TOE TOUCHES:

- 1 Step to the left (sideways) on left foot
- 2 Touch right toe next to left (use a slight swaying motion)
- 3 Step to the right (sideways) on right foot
- 4 Touch left toe next to right (use a slight swaying motion)

- 5 Step forward on left foot
- 6 Touch right heel forward
- 7 Step back on right foot
- 8 Touch left toe back

- 9-12 Repeat beats 5-8

STEPS LEFT, TURN AS COUPLE EXECUTES THE FOLLOWING TWO STEPS, LEFT ARMS ARE EXTENDED OUTWARD TOWARD LOD:

- 13 Step to the left (sideways) on left foot
- 14 Cross right foot behind left and step

On the following three steps, disconnect Right hands (lady's Right hand remains in place) and raise Left hand. Man tuts under upraised hand. Man 's Right arm is folded behind him and placed in the small of his back.

- 15-17 Step left, right, left and make one full turn to the left on these three steps (man ends up behind lady)
- 18 Cross right foot in front of left and step

MAN'S DOUBLE GRAPEVINE LEFT, LADY'S SPIN, SIDE STEPS 8 TOUCHES:

As lady executes beats 19 & 20, man passes her Left arm over her head to her front to induce a slight rotation of her shoulders to her right (lady's right hand remains on her hip)

- 19 Step to the left on left foot
- 20 **LADY:** Cross right foot behind left and step back, turning $\frac{1}{4}$ turn right toward opposite LOD
MAN: Cross right foot behind left

Man brings Left arms over lady's head and lady turns under upraised arms. Lady's Right hand remains in place and man's Right hand maintains contact with her waist (beltline) as she turns.

- 21 **LADY:** Step on left foot down LOD and make a $\frac{1}{2}$ turn left with the step
MAN: Step to the left on left foot
- 22 **LADY:** Step on right foot down LOD and make a $\frac{1}{2}$ turn left with the step
MAN: Cross right foot behind left and step
- 23 **LADY:** Step on left foot down LOD and making a $\frac{1}{4}$ turn left with the step
MAN: Step to the left on left foot

At the end of lady's turn, return hands to start position.

- 24 Touch right toe next to left (lady use a slight swaying motion)
- 25 Step to the right on right
- 26 Touch left toe next to right (lady use a slight swaying motion)

REPEAT

If the couple wants to get a little cozier, the man may encircle her waist with his arms during, steps 1 through 12. As an option, the man may also do a full left turn during steps 21, 22, and 23.
