

September Night

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Pam Peterson (USA)
音樂: The Heat Is On - La Bouche



HEEL BALL STEPS X3, HEEL STEP TOUCH

1&2 Tap left heel forward, step on ball of left foot, step on right foot
3&4 Tap left heel forward, step on ball of left foot, step on right foot
5&6 Tap left heel forward, step on ball of left foot, step on right foot
7&8 Tap left heel forward, step on left foot, touch right next to left

On steps 2, 4 & 6, bend right knee slightly and straighten back up on counts 3, 5 & 7

HEEL JACKS, SCUFF HITCH STEP, SIT & STAND

&1&2 Step back on right foot, tap left heel forward, step back on left foot, cross right foot over left
&3&4 Step back on left foot, tap right heel forward, step back on right foot, step left foot forward
5&6 Scuff right foot forward, hitch right knee up, step right slightly back
7-8 Bend knees to a sit position, straighten knees to standing position(keeping weight on right)

STEP SLIDE TWICE, SIDE BEHIND, ¼ LEFT TRIPLE

1-2 Step left forward (long step) at a left diagonal, slide right up to left
3-4 Step right forward (long step) at a right diagonal, slide left up to right
5-6 Step left to left side, step right behind left
7&8 Step left forward turning ¼ left, step right next to left, step left forward

PRESS KICK, ½ RIGHT TRIPLE, FULL TURN RIGHT, ½ PIVOT RIGHT, STEP

1-2 Press right foot forward, step back on left, (kicking right slightly forward)
3&4 Step right forward turning ½ right, step left next to right, step right forward
5-6 Turn ½ right stepping back on left, turn ½ right stepping forward on right
7&8 Step forward on left, turn ½ right, step forward on left

Optional for counts 5-6, instead of full turn, step left, step right

SIDE ROCK CROSS TWICE, BACK LOCK STEP, ROCK RETURN

1&2 Rock right to right side, rock left to left side, cross right over left
3&4 Rock left to left side, rock right to right side, cross left over right
5&6 Step right back, cross left over right, step right back
7-8 Rock back left, return right

SKATE TWICE, TRIPLE FORWARD, SKATE TWICE, TRIPLE FORWARD

1-2 Slide left to left at a diagonal, slide right to right at a diagonal
3&4 Step left forward, step right next to left, step left forward, (at left diagonal)
5-6 Slide right to right at a diagonal, slide left to left at a diagonal
7&8 Step right forward, step left next to right, step right forward, (at right diagonal)

REPEAT