

Seven Sheets To The Wind

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lizzie Clarke (SCO)
音樂: Lightnin' Strikes A Good Man - Lacy J. Dalton



Dedicated the 'Tall Ships' on their recent visit to Greenock in Bonnie Scotland

SAILOR STEPS, CROSS UNWIND $\frac{3}{4}$ TURN RIGHT, STEP PIVOT $\frac{1}{2}$ TURN LEFT

1&2 Cross right behind left, step left to left, step right to right
3&4 Cross left behind right, step right to right, step left to left
5-6 Cross right behind left, unwind $\frac{3}{4}$ turn right
7-8 Step forward on left foot, pivot $\frac{1}{2}$ turn right

ROCK STEPS, SHUFFLE, $\frac{1}{2}$ TURN RIGHT, STEP BACK

1-2 Rock back on left, recover on right
&3-4 Quickly step in place on left, rock back on right, recover on left
5&6 Step forward on right, step left next to right, step forward on left
7&8 Step forward on left making $\frac{1}{2}$ turn right, step right next to left, step back on left

KICK BALL POINTS, CROSS UNWIND $\frac{3}{4}$, LEFT SHUFFLE

1&2 Kick right foot forward, step right beside left, point left toe to left side
3&4 Kick left foot forward, step left beside right, point right to right side
5-6 Cross right over front of left, unwind $\frac{3}{4}$ turn left
7&8 Step forward on left, step right beside left, step forward on left

FULL TURN LEFT, SHUFFLE, STEP $\frac{1}{2}$ TURN RIGHT, SHUFFLE

1-2 Step forward on right turning $\frac{1}{2}$ turn left, continue turning $\frac{1}{2}$ left stepping forward on left foot
3&4 Step forward on right, step left next to right, step forward on right
5-6 Step forward on left foot, pivot $\frac{1}{2}$ turn right
7&8 Step forward on right, step right next to left, step forward on left

REPEAT
