

She Be The One

COPPER KNOB
BY STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Rebecca Ewan (UK)
音樂: She Be the One - Enrique Iglesias



WALK, WALK, STEP TURN STEP, KICK HITCH, TURN SAILOR STEP

1-2 Walk forward right, left
3&4 Step right forward, turn ½ left, step forward right
5-6 Kick left forward, hitch left knee
7&8 Sweeping left foot, cross left behind right making ¼ left, step right to right side, step left together

CROSS ROCK, SIDE SHUFFLE, BEHIND SIDE CROSS, SIDE BEHIND UNWIND

1-2 Rock right over left, recover onto left
3&4 Step right to right side, slide left up, step right to right side
5&6 Cross left behind right, step right to right side, cross left over right
&7-8 Step right to right side, cross left behind, unwind ½ turn left

SIDE SLIDE UP, KICK HITCH TOUCH, TOE HEEL TURN, COASTER STEP

1-2 Step right, slide left up to right
3&4 Kick left to left side, hitch left, touch left next to right
5&6 Touch left toe back, drop left heel, turn ½ left
7&8 Step back on left, step right together, step forward on left

SKATE, SKATE, CROSS & HEEL, & TURN & HEEL, BUMP & BUMP

1-2 Skate forward right, left
3&4 Cross right foot over left, step slightly back on left, touch right heel forward
&5 Step right foot in, cross left over right
&6 Step back on right turning ¼ turn left, touch left heel forward
7&8 Bump hips forward, back, forward

STEP LOCK STEP, KICKBALL TOUCH, FULL MONTEREY TURN

1&2 Step right foot forward, lock left foot behind right, step right foot forward
3&4 Kick left foot forward, step left next to right, touch right next to left
5&6& Touch right toe to right side, turn ½ right bringing right foot next to left, touch left toe to left side, touch in
7&8 Touch right toe to right side, turn ½ right bringing right foot next to left, touch left toe to left side

STEP SLIDE, HEEL BALL STEP, BOUNCE & BOUNCE, HEELS OUT IN TOUCH

1-2& Step left foot slightly further to left side, slide right up to left, putting weight onto right foot
3&4 Touch left heel forward, step back left, step forward right
5&6 Keeping weight on balls of feet, make a ½ turn left, bouncing heels 3 times
7&8 Swivel heels out, in, touch right foot next to left

REPEAT