

She's 24-7

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4
編舞者: Dottie Cadden (USA)
音樂: 24-7-365 - Neal McCoy

級數: Intermediate east coast swing



ROCK, RECOVER, FULL TURN, SHUFFLE, STEP, PIVOT

- 1-2 Rock forward on right, recover on left
- 3&4 Full turn right triple right, left, right
- 5&6 Shuffle forward left, right, left
- 7-8 Step forward on right, ½ pivot left taking weight on left

CROSS, STEP, COASTER, STEP, PIVOT, KICK BALL TOUCH

- 1-2 Cross right over left, step left next to right
- 3&4 Right coaster step
- 5-6 Step forward on left, pivot ¼ right taking weight on right
- 7&8 Left kick, ball, touch

KICK AND STEP, TWIST, KICK AND STEP, TWIST

- 1&2 Kick right foot forward, step right under body, step left foot slightly forward
- 3 Twist body ¼ turn right on balls of both feet, as arms open to left shape
- 4 Twist body ¼ turn left on ball of both feet, return arms to normal hold
- 5&6 Kick right foot forward, step right under body, step left foot slightly forward
- 7 Twist body ¼ turn right on balls of both feet, as arms open to left shape
- 8 Twist body ¼ turn left on ball of both feet, return arms to normal hold

SYNCPATED CROSS, SHUFFLES

- 1&2 Cross right over left, step left slightly back, touch right heel forward
- &3& Step right foot back under body, touch left heel forward, step left under body
- 4 Touch right toe next to left
- 5&6 Shuffle forward right, left, right
- 7&8 Shuffle forward left, right, left

STEP ¼ TURN LEFT, CROSS SHUFFLE, ¼ TURN LEFT ROCK, RECOVER, COASTER STEP

- 1-2 Step forward on right, ¼ turn left
- 3&4 Shuffle across left with right, left, right
- 5-6 Turn ¼ turn left with left rocking weight onto it, recover weight to right
- 7&8 Left coaster step

SHUFFLE, PIVOT, SHUFFLE, PIVOT

- 1&2 Shuffle forward right, left, right
- 3-4 Step forward with left, pivot ½ turn right taking weight on right
- 5&6 Shuffle forward left, right, left
- 7-8 Step forward with right, pivot ½ turn left taking weight on left

KICK AND STEP, TWIST, KICK AND STEP, TWIST

- 1&2 Kick right foot forward, step right under body, step left foot slightly forward
- 3 Twist body ¼ turn right on balls of both feet, as arms open to left shape
- 4 Twist body ¼ turn left on ball of both feet, return arms to normal hold
- 5&6 Kick right foot forward, step right under body, step left foot slightly forward
- 7 Twist body ¼ turn right on balls of both feet, as arms open to left shape
- 8 Twist body ¼ turn left on ball of both feet, return arms to normal hold

SYNCOPATED CROSS, SHUFFLES

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| 1&2 | Cross right over left, step left slightly back, touch right heel forward |
| &3& | Step right foot back under body, touch left heel forward, step left under body |
| 4 | Touch right toe next to left |
| 5&6 | Shuffle forward right, left, right |
| 7&8 | Shuffle forward left, right, left |

REPEAT
