

Sittin' On Go

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Narelle Duncan (AUS) & Trent Duncan (AUS)
音樂: Sittin' On Go - Bryan White



HEEL, HEEL, ROCK BACK, FREEZE STEP ACROSS

- 1-4 Place right heel forward, place right heel to 45 degrees, step back on right, rock forward onto left
5-8 Step right to right side, step left behind right, step right to right side, step left over right

STEP SIDE, HEEL, HEEL, ROCK BACK, FREEZE

- 1-4 Step right to right side, place left heel forward, place left heel to 45 degrees, step back on left
5-8 Rock forward onto right, step left to left side, step right behind left, step left to left side

HEEL GRIND, ROCK BACK, STEP ½ PIVOT, STEP STOMP

- 1-4 (Like dance ranch romp) place right heel forward, grind right heel, step back on right, rock forward onto left
5-8 Step forward right, pivot ½ turn left, step forward right, stomp left beside right

TWIST RIGHT SIDE, HEELS, TOES, HEELS, TOES, ROCK FORWARD, ½ STEP, SCUFF

- 1-4 Twist to the right side - heels, toes, heels, toes
5-8 Step left forward, rock back onto right, turn 1/2 turn left step forward left, scuff right

RIGHT LOCK FORWARD, SCUFF, ¼ PIVOT, ¼ PIVOT

- 1-4 Step right forward, step left behind right, step right forward, scuff left
5-8 Step left forward, pivot ¼ turn right, step left forward, pivot ¼ turn right

LEFT ROCK FORWARD, ¾ TRIPLE STEP, ROCK FORWARD, ½ SHUFFLE

- 1-4 Step left forward, rock back onto right, turning ¾ turn step left-right-left
5-6-7&8 Step right forward, rock back onto left, turning ½ turn right shuffle right-left-right

½ SHUFFLE, ½ SHUFFLE, SIDE ROCK, SAILOR STEP

- 1&2&3&4 Turning ½ right shuffle left-right-left, turning ½ turn right shuffle right-left-right
5-6-7&8 Step left to left side, rock weight onto right. (left sailor step) step left behind right, step right to right side, step left to left side

SAILOR STEP, STEP BEHIND, STEP ¼, ROCK FORWARD, COASTER STEP

- 1&2 (Right sailor step) step right behind left, step left to left side, step right to right side
3-4 Step left behind right, turning ¼ turn right step forward right
5-6-7&8 Step left forward, rock back onto right, (left coaster step) step left back, step right beside left, step left forward

RIGHT TOUCH SIDE, HOLD, LEFT TOUCH SIDE, HOLD, RIGHT TOE DROP BACK, LEFT TOE DROP BACK

- 1-2&3-4 Touch right toe to right side, hold 1 beat, step right together touch left toe to left side, hold 1 beat
&5-6-7-8 Step left together, step right toe back, drop right heel, step left toe back, drop left heel

RIGHT TOUCH SIDE, HOLD, LEFT TOUCH SIDE, HOLD, RIGHT TOE DROP FORWARD, LEFT TOE DROP FORWARD

- 1-2&3-4 Touch right toe to right side, hold 1 beat, step right together touch left toe to left side, hold 1 beat

&5-6-7-8 Step left together, step right toe forward, drop right heel, step left toe forward, drop left heel

REPEAT

RESTART

On the 5th wall (should be facing the front) do the first 16 counts then restart
