

Steppin' Out (P)

COPPER KNOB
STEPSHEETS

拍數: 36 牆數: 0 級數: Partner
編舞者: Cathy Lennox
音樂: Lonely Too Long - Patty Loveless



Position: Right Side-By Side

MAN'S STEPS

FORWARD SHUFFLES

- 1&2 Shuffle forward (left-right-left)
- 3&4 Shuffle forward (right-left-right)
- 5&6 Shuffle forward (left-right-left)
- 7&8 Shuffle forward (right-left-right)

ROLLING TURNS

Release all hands

- 9 Step to the left on left and begin a full turn to the left traveling to the left
- 10 Step on right & continue full traveling turn to the left
- 11 Step on left & complete full traveling turn to the left
- 12 Tap right toe next to left
- 13 Step to the right on right and begin a full turn to the right traveling to the right
- 14 Step on left and continue full traveling turn to the right
- 15 Step on right and complete full traveling turn to the right
- 16 Step left next to right

Rejoin hands returning to Right Side-By Side Position facing LOD

DIAGONAL STEP-SLIDES, STEP-HITCHES (BOTH)

- 17-18 Step forward and diagonally to the right on right, slide left up behind right
- 19-20 Step forward and diagonally to the right on right, hitch left knee
- 21-22 Step forward and diagonally to the left on left, slide right up behind left
- 23-24 Step forward and diagonally to the left on left, hitch right knee

WALK BACK, MILITARY PIVOTS

- 25-26 Walk back on right, left
- 27-28 Walk back on right, tap left next to right

Release all hands

- 29 Step forward on left & pivot ½ turn to the right ball of left
- 30 Shift weight forward to right
- 31 Step forward on left, & pivot ½ turn to the right ball of left
- 32 Shift weight forward to right

Rejoin hands in right side-by side position facing LOD

ROCKING CHAIR

- 33-34 Step forward on left, rock back onto right
- 35-36 Step back on left, rock forward onto right

REPEAT

LADY'S STEPS

FORWARD SHUFFLES

- 1&2 Shuffle forward (right-left-right)
- 3&4 Shuffle forward (left-right-left)

- 5&6 Shuffle forward (right-left-right)
7&8 Shuffle forward (left-right-left)

ROLLING TURNS

Release all hands

- 9 Step to the right on right and begin a full turn to the right traveling to the right
10 Step on left and continue full traveling turn to the right
11 Step on right & complete full traveling turn to the right
12 Tap left toe next to right
13 Step to the left on left & begin a full turn to the left traveling to the left
14 Step on right & continue full traveling turn to the left
15 Step on left & complete full traveling turn to the left
16 Tap right next to left

Rejoin hands returning to Right Side-By Side position facing LOD

DIAGONAL STEP-SLIDES, STEP-HITCHES (BOTH)

- 17-18 Step forward and diagonally to the right on right, slide left up behind right
19-20 Step forward and diagonally to the right on right, hitch left knee
21-22 Step forward and diagonally to the left on left, slide right up behind left
23-24 Step forward and diagonally to the left on left, hitch right knee

WALK BACK, MILITARY PIVOTS

- 25-26 Walk back on right, left
27-28 Walk back on right, step left next to right

Release all hands

- 29 Step forward on right & pivot $\frac{1}{2}$ turn to the left ball of right
30 Shift weight forward to left
31 Step forward on right & pivot $\frac{1}{2}$ turn to the left on ball of right
32 Shift weight forward to left

Rejoin hands in Right Side-By Side Position facing LOD

ROCKING CHAIR

- 33-34 Step forward on right rock back onto left
35-36 Step back on right, rock forward onto left

REPEAT
