

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