

Still The One

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 2 級數: Improver
編舞者: Jytte Stougaard (DK)
音樂: You're Still the One - Shania Twain



RIGHT SIDE ROCK CROSS, HOLD, LEFT SIDE ROCK CROSS HOLD

1-2 Rock right foot to right side, recover to left foot
3-4 Cross right over left foot, hold
5-6 Rock left foot to left side, recover to right foot
7-8 Cross left over right foot with weight on left foot, hold

RIGHT VINE CROSS, RIGHT SCISSOR HOLD

1-2 Step right foot to right side, step left behind right
3-4 Step right to right side, cross left over right
5-7 Step right foot to right side, step left foot to right foot with weight on left foot
8 Cross right foot over left foot hold, weight on right foot

LEFT SCISSOR HOLD, RIGHT SCISSOR HOLD

1-2 Step left foot to left side, step right foot to left foot
3-4 Cross left foot over right foot with weight on left foot, hold
5-6 Step right foot to right side, step left foot to right foot
7-8 Cross right foot over left foot with weight on right foot, hold

LEFT VINE CROSS, LEFT SCISSOR CROSS HOLD

1-3 Step left foot to left side, cross right foot behind left foot, step left foot to left side
4 Cross right foot over left foot with weight on right foot
5-6 Step left foot to left side, step right foot to left foot
7-8 Cross left foot over right foot with weight on left foot, hold

RUMBA BOX BACK, HOLD, RUMBA BOX FORWARD, HOLD

1-4 Step right foot to right side, step left foot to right foot, step right foot back, hold
5-8 Step left foot to left side, step right foot to left foot, step forward on left foot, hold

PIVOT ¼ TURN LEFT, PIVOT ½ TURN

1-2 Step forward on right foot, pivot ½ turn left
3-4 Step forward on right foot pivot ¼ turn left

RUMBA BOX BACK, HOLD, RUMBA BOX FORWARD, HOLD

1-4 Step right foot to right side, step left foot to right foot step right foot back, hold
5-8 Step left foot to left side, step right foot to left foot, step forward on left foot, hold

PIVOT ½ TURN LEFT, PIVOT ¼ TURN LEFT

1-4 Step forward on right foot, pivot ¼ turn left, step forward on right foot, pivot ½ turn left

REPEAT

TAG

After 1 and 3 walls

LONG STEP RIGHT SIDE TOUCH, LONG STEP LEFT SIDE TOUCH

1-2 Step long step right foot to right side, touch left foot to right foot
3-4 Step long step left foot to left side, touch right foot to left foot

4X ¼ PADDLE TURN LEFT

1-2 Step forward on right foot turn ¼ turn left on ball on right foot

3-8 Repeat three more times

End in front of second wall

TAG

After end of 4 wall

VINE RIGHT ½ TURN, VINE LEFT, VINE RIGHT ¼ TURN, VINE LEFT

1-2 Step right foot to right side, cross left foot behind right foot

3-4 Step right foot to right side making ¼ turn to right, ¼ turn to right and touch left foot beside right foot

5-6 Step left foot to left side, cross right foot behind left foot

7-8 Step left foot to left side, touch right beside left foot

1-2 Step right foot to right side, cross left foot behind right foot

3-4 Step right foot to right side making ¼ turn to right, ¼ turn to right touch left foot beside right foot

5-6 Step left foot to left side, cross right foot behind left foot

7-8 Step left foot to right side, touch right foot beside left foot

ENDING

RIGHT VINE, CROSS ½ UNWIND

1-16 Make the steps from 1-16

17-18 Step right foot to right side, cross left foot behind right foot

19-20 Step right foot to left side, cross left foot over right foot

21-24 Slow unwind ½ turn to right side and end 12:00
