

Stuck Inside The Box

COPPER KNOB
STEPPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Guyton Mundy (USA)
音樂: Easy to Believe - Shane Minor



RIGHT SIDE SHUFFLE, SYNCOPATED VINE, DRAG, SYNCOPATED VINE

1&2 Shuffle right-left-right to the right side
3&4 Step left behind right, step side right, step left in front of right
5-6 Step out right and drag left to right
7-8 Step left behind right, step side right, step left in front of right

STEP, TOE TOUCH, ¼ TURN SHUFFLE, SHUFFLE ½ TURN, COASTER

1-2 Step right to side, touch left toe beside right foot
3&4 Making ¼ turn left shuffle left-right-left
5&6 Making ½ turn left shuffle right-left-right
7&8 Step left-right-left

SHUFFLE, SHUFFLE, ½ SWEEP TURN, ½ TURN

1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5-6 With left foot planted make a ½ turn left while sweeping the right toe around in an arc on the floor, ending with weight on the right foot
7-8 Step back on left toe and pivot ½ turn to the left, keeping weight on the right

ROCK/RECOVER, SHUFFLE TURN, ROCK/RECOVER, STEP, STEP

1-2 Rock forward on the left foot, recover back on right foot
3&4 Making ½ turn left shuffling left-right-left
5-6 Rock forward on right foot, recover back on left foot
7-8 Step back on right foot, step together with left foot

SHUFFLE, SHUFFLE, FULL TURN

1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5-6-7-8 Make full turn while walking forward right-left-right-left

REPEAT
