

Sunflowers

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: Land of the Living - Pam Tillis



TOE-HEEL TOUCHES AND SYNCOPATIONS

1-2 Touch right toe beside left instep; touch right heel beside left instep
3-4 Touch right toe beside left instep; touch right heel beside left instep
&5-6 Step right foot in toward center; step left foot in toward center; hold
&7-8 Step right foot slightly to right; step left foot slightly to left; hold.

HEEL TAPS, ¼ TURNING SHUFFLE, ½ TURNING SHUFFLE

9-12 Raise and lower both heels four times.
13&14 Turning ¼ right, step right foot forward; step left together; step right foot forward
15&16 Shuffle left, right, left while turning ½ right.

FORWARD AND BACKWARD SCUFFS

17-18 Scuff right foot forward; scuff right backward across & in front of left leg
19-20 Kick right foot forward; step right beside left
21-22 Scuff left foot forward; scuff left backward across & in front of right leg
23-24 Kick left foot forward; touch left toe beside right foot.

¼ LEFT TURNING SHUFFLE, ROCK-STEP WITH ¼ RIGHT TURN; SHUFFLE, ROCK STEP

25&26 Turning ¼ left, step left foot forward; step right together; step left foot forward
27-28 Rock-step right foot forward; rock back onto left foot turning ¼ right
29&30 Step right foot forward, step left together; step right foot forward
31-32 Rock-step left foot forward; rock back onto right foot.

BACKWARD "CHAIN OF EVENTS," ROCK-STEP

33-34 Point left toe to left side; cross-step left foot behind right
35-36 Point right toe to right side; cross-step right foot behind left

37-38 Point left toe to left side; cross-step left foot behind right
39-40 Rock-step right foot back; rock forward onto left.

REPEAT
