

Sweet, Sassy And Single

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Tim Hand (USA) & Alice Daugherty (USA)
音樂: Sugar - Sammy Kershaw



LINDY BASIC

1&2 Shuffle to the left, left-right-left
3-4 Rock back on right, recover left
5&6 Shuffle to the right, right-left-right
7-8 Rock back on left, recover right

VINE WITH ¼ TURN LEFT, BRUSH RIGHT, ROCK STEP TWICE

1-2 Step to the left side with left foot, step right foot behind left
3-4 Step left foot to side making ¼ turn left, brush right foot
5-6 Rock forward right foot, recover left, -option body roll
7-8 Repeat 5-6

SHUFFLE FORWARD, STEP TURN, SHUFFLE FORWARD, STEP TURN

1&2 Shuffle forward right-left-right
3-4 Step forward on left pivot ½ turn to right switching weight to right
5&6 Shuffle forward left-right-left
7-8 Step forward on right pivot ½ turn to left switching weight to left

TURNING SHUFFLE, ROCK STEP, TURNING SHUFFLE, ROCK STEP

1&2 Shuffle forward making ½ turn to left right-left-right
3-4 Rock step back left, recover right
5-6 Shuffle forward making ½ turn right left-right-left
7&8 Rock step back on right recover on left

¼ TURN LEFT, VINE RIGHT, STEP TOUCH TWICE

1-2 Step right to side making ¼ turn left, step left behind right
3-4 Step right foot to side, step left foot slightly forward
5-6 Step right foot forward, touch left foot behind right

Styling: angle body to left

7-8 Step back left, touch right next to left

HIP LIFTS WITH ¼ RIGHT

1&2 Lift right hip to right and bump up (1&), bump hips to right take weight on right
3&4 Lift left hip to left and bump up (3&), bump hips to left take weight on left
5&6 Lift right hip to right making ¼ turn right and bump up, bump hips to right take weight on right

Styling: on count 5 only prep right foot ¼ turn

7&8 Lift hips to left, finishing ¼ turn right (7&), bump hips to left do not switch weight

REPEAT