

This One's For The Girls

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lisa Ferguson (UK)
音樂: This One's for the Girls - Martina McBride



CROSS ROCK, RIGHT CHASSE, CROSS ROCK, LEFT CHASSE

1-2 Cross rock right over left, replace weight onto left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Cross rock left over right, replace weight onto right
7&8 Step left to left side, close right beside left, step left to left side.

ROCK, REPLACE, SHUFFLE ½ RIGHT, FULL TURN RIGHT, LEFT SHUFFLE FORWARD

1-2 Rock forward on right, replace weight onto left
3&4 Make ½ turn shuffle over right stepping right, left, right
5-6 Make full turn over right shoulder stepping left, right
7&8 Step forward left, close right behind left, step forward left

CROSS, SIDE, BEHIND, STEP LEFT ¼ TURN LEFT, STEP RIGHT, ¾ PIVOT, RIGHT CHASSE

1-2 Cross right over left, step left to left side
3-4 Cross right behind left, step left to ¼ turn left
5-6 Step forward on right making ¾ pivot turn over left
7&8 Step right to right side, close left beside right, step right to right side

CROSS, SIDE, BEHIND, ¼ TURN RIGHT, STEP ½ PIVOT, LEFT SHUFFLE FORWARD

1-2 Cross left over right, step right to right side
3-4 Cross left behind right, step right ¼ turn right
5-6 Step forward left, ½ pivot over right
7&8 Step forward left, close right behind left, step forward left

ROCK, REPLACE, RIGHT COASTER STEP, ROCK, REPLACE, ¾ TURN LEFT

1-2 Rock forward on right, replace weight onto left
3&4 Step back on right, step back on left, step forward on right
5-6 Rock forward on left, replace weight onto right
7&8 Make ¾ turn shuffle over left shoulder stepping left, right, left

ROCK, REPLACE, RIGHT COASTER WITH ¼ TURN RIGHT, ROCK REPLACE, LEFT COASTER STEP

1-2 Rock forward on right, replace weight onto left
3&4 Step back on right making ¼ turn right, step left beside right, step forward right
5-6 Rock forward on left, replace weight onto right
7&8 Step back on left, step back on right, step forward on left

2X ¼ PADDLE TURNS LEFT, CROSS, STEP BACK, RIGHT COASTER STEP

1-2 Touching right out make ¼ turn left making sure weight stays on left
3-4 Touching right out make ¼ turn left making sure weight stays on left
5-6 Cross right over left, step back on left
7&8 Step back on right, step back on left, step forward on right

ROCK, REPLACE, SHUFFLE ½ TURN LEFT, 2 X 1/8 PADDLE TURNS LEFT

1-2 Rock forward on left, replace weight onto right
3&4 Make ½ turn shuffle over left shoulder stepping left, right, left
5-6 Touching right out make 1/8 turn left making sure weight stays on left

7-8

Touching right out make 1/8 turn left making sure weight stays on left

REPEAT
