

Through The Grapevine

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 0 級數:
編舞者: Nosmo King (UK)
音樂: I Heard It Through the Grapevine - Marvin Gaye



STEP TURN, STEP TURN, BACK ROCK, ROCK & CROSS

1-2 Step forward on right, touch left in place with ¼ turn right
3 Making a ¼ turn left step forward on left
4 Touch right in place with a ¼ turn left
5-6 Rock back on right, rock on left
7&8 Rock right to right, & step left in place, cross right over left

LAZY VINE, LEFT COASTER STEP

1-2 Step left to left, slide right behind left
3-4 Touch left in place, step left to left
5-6 Slide right behind left, touch left in place
7&8 Coaster step, left back, right together, left forward
On steps 3 and 6, for styling add with elbows bent bring back into body

GRAPEVINE RIGHT, HEEL JACKS

1-2 Step right to right, step left behind
3-4 Step right to right, touch left to side of right
&5 Step back on left, touch right heel forward
&6 Step right in place, touch left toe to right heel
&7 Step back on left, touch right heel forward
&8 Step right in place, touch left toe to right heel

STEP ½ TURN, ½ TURN SHUFFLE, MAMBO STEP, SHUFFLE

1-2 Step forward on left, ½ turn to right on right
3&4 ½ turn shuffle to right, on left, right, left
5&6 Step back on right, step forward on left, step right in place
7&8 Step forward on left, & step right in place, step forward on left

REPEAT

TAG

Danced once at the end of wall six

GRAPEVINE RIGHT, HEEL JACKS

1-2 Step right to right, step left behind
3-4 Step right to right, touch left to side of right
&5 Step back on left, touch right heel forward
&6 Step right in place, touch left toe to right heel
&7 Step back on left, touch right heel forward
&8 Step right in place, touch left toe to right heel

9-16 Dance a mirror image of those 8 counts (left vine with left heel jacks)