

The 20th Century Glide

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 1 級數: Intermediate
編舞者: Judy Festa (USA)
音樂: Love Train - The O'Jays



SHUFFLE RIGHT, ROCK STEP

1&2 Side shuffle right
3-4 Rock back on left, replace right

SHUFFLE LEFT, ROCK STEP

5&6 Side shuffle left
7-8 Rock back on right, replace left

CROSS STEP TO LEFT 4 TIMES

9&10&11&12 Cross right over left, step left (4 times)

KICK BALL CHANGE, STEP, STEP

13&14 Kick ball change with left foot
15-16 Step left, step right

17-32 Repeat the above, but start off shuffling left

ROCK RIGHT, COASTER STEP

33-34 Rock forward right, replace left
35&36 Do a right coaster step

ROCK LEFT, COASTER STEP

37-38 Rock forward left, replace right
39&40 Do a left coaster step

STEP CROSS, STEP CROSS, STEP CROSS, STEP CROSS (GOING FORWARD)

41-42 Point right toe to the right, step right foot over left
43-44 Point left toe to the left, step left foot over right
45-48 Repeat 41-44

ROCK RIGHT, COASTER STEP

49-50 Rock forward right, replace left
51&52 Do a right coaster step

ROCK LEFT, COASTER STEP

53-54 Rock forward left, replace right
55&56 Do a left coaster step

STEP CROSS, STEP CROSS, STEP CROSS, STEP CROSS (GOING BACKWARD)

57-58 Point right toe to the right, step right foot behind left
59-60 Point left toe to the left, step left foot behind right
61-64 Repeat 57-60

SHUFFLE FORWARD RIGHT, STEP BACK LEFT, THEN RIGHT

65&66 Shuffle forward (right, left, right)
67-68 Step back left, then step back right to meet left

These are what I call choo-choo steps

69-80 Repeat counts 57-60 three more times

81-88 Two Monterey turns to the right

WEAVE TO THE RIGHT FOR 8 COUNTS

89-96 Step side right, cross left behind right, step side right, cross left over right, step side right, cross left behind right, step side right, cross left over right

REPEAT

BRIDGE

At the end of repetition 2, dance the first 31 counts of the dance. Hold on count 32. Then do the following bridge.

FOUR QUARTER PIVOT TURNS TO THE RIGHT

1&2&3&4 Step forward left, pivot $\frac{1}{4}$ turn to the right.(4 times)

FOUR SAILOR SHUFFLES

5&6 Sailor shuffle right

7&8 Sailor shuffle left

9&10 Sailor shuffle right

11&12 Sailor shuffle left

FOUR QUARTER PIVOT TURNS TO THE RIGHT

13&14&15&16 Step forward left, pivot $\frac{1}{4}$ turn to the right (4 times)

SHUFFLE FORWARD LEFT, THEN TO A 2 COUNT TURN TO THE LEFT

17&18 Shuffle forward (left, right, left)

19-20 Do a full turn to the left, stepping right, then left

ROCK RIGHT, THEN A 2 COUNT RIGHT TURN

21-22 Rock forward right, replace left

23-24 Do a full, 2 count turn to the right, stepping right, then left.

Begin the dance again at count 1.
