

Urban Ride

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sandi Brooks (USA)
音樂: It's a Love Thing - Keith Urban



LEFT HEEL & CROSS, SIDE ROCK WITH ¼ RIGHT, LEFT TRIPLE

1 Tap left heel forward (body turned 45 degrees to left)
& Bring left center
2 Cross right in front of left (weight goes to right)
3 Tap left heel forward (body turned 45 degrees to left)
& Bring left center
4 Cross right in front of left (weight goes to right)
5-6 Step left to left, rock/shift weight to right turning ¼ right
7&8 Step forward on left, slide right up to left, step forward on right

FORWARD ROCK ON RIGHT, TURNING TRIPLES BACK, ROCK ON RIGHT

1-2 Step right forward, rock/shift weight to left
3&4 Turning ½ over right shoulder step forward on right, slide left to right, step forward on right
5&6 Turning on ball of right step back onto left turning ½ right, slide right back to left, step back on left
7-8 Step back on right, rock/shift weight to left

KICK & TOUCH BACK - FOUR TIMES

1&2 Kick right forward, step right next to left, touch left toe back
3&4 Kick left forward, step left next to right, touch right toe back
5&6 Kick right forward, step right next to left, touch left toe back
7&8 Kick left forward, step left next to right, touch right toe back

PIVOT TURNS: ¼ LEFT, ½ RIGHT, ½ LEFT, JUMP OUT & CROSS STEP FORWARD RIGHT, LOCK/CROSS LEFT BEHIND RIGHT, UNWIND ¾ TURN, HOLD

1 Step/pivot right forward ¼ left
2 Push off right and turn/pivot on ball of left ½ right stepping right to right
3 Step/pivot right ½ left
& Jump in crossing right over left (like in jumping jacks)
4 Jump out right, left (feet should be shoulder width apart, weight to left)
5 Step forward on right
6-7 Step/cross left behind right, unwind ¾ turn over left shoulder
8 Hold (weight goes to right)

REPEAT
