

Weight Loss

COPPERKNOB
STEPSHEETS

拍數: 72 牆數: 1 級數: Intermediate social cha
編舞者: Barry Woods (UK)
音樂: If French Fries Were Fat Free - Alan Jackson



ROCK STEP, COASTER STEP

1-2 Step forward right, rock back on left
3&4 Step back on right, step left beside right, step forward on right

ROCK STEP, COASTER STEP

5-6 Step forward left, rock back on right
7&8 Step back on left, step right beside left, step forward on left

HEEL HOOKS, WITH ¼ TURNS

9-12 Touch right heel forward, hook up across front of left leg, touch right heel forward on right diagonal, step right in place, turning ¼ to right, (facing 3:00 wall)
13-16 Touch left heel forward, hook up across front of right leg, touch left heel forward on left diagonal, step left in place turning ¼ to left, (facing back to 12:00 wall)

GRAPEVINE WITH CROSS

17-20 Step right to right side, cross left behind right, step right to right side, cross left over right

SIDE ROCK, CROSS SHUFFLE

21-22 Rock out right, back onto left
23&24 Cross step right over left, step left to left side, cross step right over left

LEFT GRAPEVINE, ½ TURN

25-28 Step to left, on left turning ¼ to left, (facing 9:00 wall) step forward on right turning ¼ to left, cross left behind right, step right to right side (facing 6:00 wall)

ROCK STEP, COASTER STEP

29-30 Step forward left, rock back on right
31&32 Step back on left, step right beside left, step forward on left

ROCK STEP, COASTER STEP

33-34 Step forward right, rock back on left
35&36 Step back on right, step left beside right, step forward on right

HEEL HOOKS, WITH ¼ TURNS

37-40 Touch left heel forward, hook up across front of right leg, touch left heel forward on left diagonal, step left in place, turning ¼ to left, (facing 3:00 wall)
41-44 Touch right heel forward, hook up across front of left leg, touch right heel for on right diagonal, step right in place turning ¼ to right, (facing back to 6:00 wall)

GRAPEVINE WITH CROSS

45-48 Step left to left side, cross right behind left, step left to left side, cross right over left

SIDE ROCK, CROSS SHUFFLE

49-50 Rock out on left to left, rock back on right
51&52 Cross step left over right, step right to right side, cross step left over right

ROCK STEP, SHUFFLE TURN

53-54 Rock forward on right, rock back on left
55&56 Right half turn shuffle, stepping right, left, right

ROCK STEP, SHUFFLE TURN

57-58 Rock forward on left, rock back on right
59&60 Left half turn shuffle, stepping left right left

¼ TURN RIGHT GRAPEVINE CROSS

61-64 Step forward on right, stepping a ¼ turn to left (facing 3:00 wall) cross left behind right, step right to right side, cross step left over right

SIDE ROCK ¼ TURN

65-66 Rock out right to right side, rock back on left turning a ¼ turn left, (facing 12:00 wall)

WEAVE, WITH TURNS

67-68 Step forward on right turning a ¼ turn to left, (facing 9:00 wall) cross left behind right
69-70 Step forward on right turning a ½ turn right, (facing 3:00 wall) step left to left side
71-72 Cross right behind left, step forward on left turning a ¼ turn to left, (facing 12:00 wall)

REPEAT
