

Well Spent

COPPERKNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Intermediate/Advanced
編舞者: Rob Fowler (ES)
音樂: Spent - Trick Pony



KICK, IN, OUT-IN, HITCH & HEEL & STEP, ½ PIVOT, POINT ¼, POINT ¼

1&2& Kick right forward, step right together, jump feet apart, jump feet together
3&4& Hitch right knee, step back on right, tap left heel forward, step left together
5-6 Step forward on right, pivot ½ turn left
7&8 Turn ¼ left and point right to side, hitch right, turn ¼ left and point right to side

CROSS & HEEL & CROSS UNWIND, SIDE-CLOSE-SIDE, HOLD, JUMP-JUMP

1&2& Cross step right over left, step left slightly back, tap right heel forward, step right together
3-4 Cross step left over right, unwind whole turn right (weight ends on left)
5&6 Step right to side, step left next to right, large step right to side-starting to drag left together
7&8 Hold - continuing to drag left together, small jump to right side, small jump to right side

Feet should be together for the above jumps

KICK, IN, OUT-IN, HITCH & HEEL & STEP, ½ PIVOT, POINT ¼, POINT ¼

1&2& Kick left forward, step left together, jump feet apart, jump feet together
3&4& Hitch left knee, step back on left, tap right heel forward, step right together
5&6 Step forward on left, pivot ½ turn right
7&8 Turn ¼ right and point left to side, hitch left, turn ¼ right and point left to side

CROSS & HEEL & CROSS UNWIND, SIDE-CLOSE-SIDE, HOLD, JUMP, JUMP

1&2& Cross step left over right, step right slightly back, tap left heel forward, step left together
3-4 Cross step right over left, unwind whole turn left (weight ends on right)
5&6 Step left to side, step right next to left, large step left to side - starting to drag right together
7&8 Hold - continuing to drag right together, small jump to left side, small jump to left side

Feet should be together for the above jumps or hops

SIDE, BACK-ROCK, SIDE, BACK-ROCK, ¼, POINT ¼, POINT ½, TOUCH

1-2& Large step to right side, rock back on left, recover weight onto right
3-4& Large step to left side, rock back on right, recover weight onto left
5-6 Step ¼ right on right, turn ¼ right on ball of right and point left to side
7-8 Turn ½ right on ball of right and point left to side, touch left together

SIDE, BACK-ROCK, SIDE, BACK-ROCK, ¼, POINT ¼, POINT ½, TOUCH

1-2& Large step to left side, rock back on right, recover weight onto left
3-4& Large step to right side, rock back on left, recover weight onto right
5-6 Step ¼ left on left, turn ¼ left on ball of left and point right to side
7-8 Turn ½ left on ball of left and point right to side, touch right together

FORWARD-ROCK, OUT-OUT-IN-IN, TOUCH BEHIND, ½ TURN, SWEEP ½

1-2 Rock forward on right, recover weight onto left
&3&4 Step right out to side, step left out to side, step right center, step left together
5-6 Touch right toe behind, pivot ½ turn right (weight ends on right)
7-8 Sweep left foot around to front to make ½ turn (or 1 ½) right over two counts

Weight still remains on right

CROSS, POINT, WHOLE SWEEP, SAILOR CROSS, ROCK-TURN-STEP

1-2 Cross step left over right, point right to side

- 3-4 Make a whole turn right on ball of left, at end of turn sweep right foot from front to back
5&6 Step right behind left, step left to side, cross step right over left
7&8 Rock left to side, recover weight onto right with a $\frac{1}{4}$ turn right, step forward on left

FORWARD-ROCK, OUT-OUT-IN-IN, TOUCH BEHIND, $\frac{1}{2}$ TURN, SWEEP $\frac{1}{2}$

- 1-2 Rock forward on right, recover weight onto left
&3&4 Step right out to side, step left out to side, step right center, step left together
5-6 Touch right toe behind, pivot $\frac{1}{2}$ turn right (weight ends on right)
7-8 Sweep left foot around to front to make $\frac{1}{2}$ turn (or 1 $\frac{1}{2}$) right over two counts

CROSS, POINT, WHOLE SWEEP, SAILOR CROSS, ROCK-TURN-STEP

- 1-2 Cross step left over right, point right to side
3-4 Make a whole turn right on ball of left, at end of turn sweep right foot from front to back
5&6 Step right behind left, step left to side, cross step right over left
7&8 Rock left to side, recover weight onto right with a $\frac{1}{4}$ turn right, step forward on left

REPEAT

TAG

The following eight counts to be danced only at the end of the first wall with arms folded right on left

ROCK FORWARD & BACK & FORWARD, IN-OUT

- 1&2 Rock forward on right, recover weight onto left, rock back on right
&3 Recover weight onto left, step forward on right
&4 Twist heels in, twist heels out

ROCK BACK & FORWARD & BACK, IN-OUT

- 1&2 Rock back on right, recover weight onto left, rock forward on right
&3 Recover weight onto left, step back on right
&4 Twist heels in, twist heels out
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