

Young And Restless

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: DJ Dan (NL) & Wynette Miller (NL)
音樂: The Best Years of Our Lives - Rodney Crowell



ROCK STEP & WALK, WALK; SHUFFLE FORWARD, STEP-½ PIVOT TURN

1-2 Rock right forward, recover weight onto left
& Step on ball of right next to left
3-4 Step left forward, step right forward
5&6 Shuffle forward stepping left, right, left
7-8 Step right forward, pivot ½ turn left (6:00)

SIDE ROCK & CROSS, ¼ TURN; SHUFFLE BACK, BACK ROCK

1-2 Rock right to right side, recover weight onto left
& Step on ball of right next to left
3-4 Cross left over right, make ¼ turn left step right back (3:00)
5&6 Shuffle back stepping left, right, left
7-8 Rock right back, recover weight onto left

HEEL-BALL-CROSS, CHASSE; BACK ROCK, HEEL-BALL-CROSS

1&2 Touch right heel forward, step on ball of right next to left, cross left over right
3&4 Step right to right side, step left next to right, step right to right side
5-6 Rock left back, recover weight onto right
7&8 Touch left heel forward, step on ball of left next to right, cross right over left

CHASSE, BACK ROCK; 2X STEP - ¼ PIVOT TURN

1&2 Step left to left side, step right next to left, step left to left side
3-4 Rock right back, recover weight onto left
5-6 Step right forward, pivot ¼ turn left (12:00)
7-8 Step right forward, pivot ¼ turn left (9:00)

REPEAT
