

Just For Today

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Tonny van Donk (NL)
音樂: Live, Laugh, Love - Clay Walker



SAMBA'S FORWARD, SHUFFLE FORWARD

1&2 Step forward with right foot, rock left foot to the left, replace weight back on right foot
3&4 Repeat last two counts
5&6 Shuffle forward stepping right-left-right
7&8 Shuffle forward stepping left-right-left

Partners note: do the same footwork as the last 8 counts. Partners in sweetheart right side by side

BASIC MAMBO FORWARD & BACKWARD

1&2 Step right forward, replace weight back on left foot, step right beside left
3&4 Step left backward, replace weight back on right foot, step left beside right
5&6 Step right forward, replace weight back on left foot, step right beside left
7&8 Step left backward, replace weight back on right foot, step left beside right

Partners note: do the basic mambo forward & backward 1&2, 3&4. Drop left hands, right hands up

5&6-7&8 **MAN:** Shuffle forward twice stepping right-left-right, left-right-left
LADY: Shuffle with ½ turn right stepping right-left-right, shuffle with ½ turn right stepping left-right-left

MAMBO RIGHT & LEFT, MAMBO FORWARD & BACKWARD WITH ¼ TURN TO THE RIGHT

1&2 Step right to the right side, replace weight back on left foot, step right beside left
3&4 Step left to the left side, replace weight back on right foot, step left beside right
5&6 Step right forward with ¼ turn right, replace weight back on left foot, step right beside left
7&8 Step left backward, replace weight back on right foot, step left beside right

Partners note: do both the mambo's to the right & left side (1&2, 3&4). Drop right hands, left hands up

5-6-7-8 **BOTH:** Step right forward, pivot ½ turn left, step right forward, pivot ½ turn left

HEEL BALL CROSSES, TOE SWITCHES

1&2 Touch right heel forward, step right backward, cross left over right
3&4 Repeat last two counts
5&6 Touch right toe to the right side, step right beside left, touch left toe to the left side
&7 Step left beside right, touch right toe to the right side
&8 Step right beside left, touch left toe to the left side

Partners note:

1&2 **BOTH:** Touch right heel forward, step right backward with ¼ turn right, cross left over right

3&4 Touch right heel forward, step right backward with ¼ turn right, cross left over right

SAILOR STEPS

Traveling backward

1&2 Sailor step stepping left-right-left
3&4 Sailor step stepping right-left-right
5&6 Sailor step stepping left-right-left
7&8 Sailor step stepping right-left-right

Partners note: both do the sailor steps and traveling backward

HEEL BALL CROSSES WITH ½ TURN LEFT, TOE SWITCHES

1&2 Touch left heel forward, step left backward with ¼ turn left, cross right over left
3&4 Touch left heel forward, step left backward with ¼ turn left, cross right over left
5&6 Touch left toe to the left side, step left beside right, touch right toe to the right side

- &7 Step right beside left, touch left toe to the left side
&8 Step left beside right, touch right toe to the right side

Partners note

- 1&2-3&4 BOTH: Repeat the heel ball crosses with ½ turn left
5-6 BOTH: Touch left toe to the left side, touch left beside right
7&8 BOTH: Shuffle forward stepping left-right-left

SAILOR STEPS

- 1&2 Sailor step stepping right-left-right)
3&4 Sailor step stepping left-right-left) traveling
5&6 Sailor step stepping right-left-right) backward
7&8 Sailor step stepping left-right-left)

Partners note: both do the sailor steps and traveling backward

HEEL SWITCHES

- 1-2 Touch right heel forward twice
&3-4 Step right beside left, touch left heel forward twice
&5 Step left beside right, touch right heel forward
&6 Step right beside left, touch left heel forward
&7-8 Step left beside right, touch right heel forward twice

Partners note

- 1-2 BOTH: Touch right heel forward, touch right beside left
3&4 BOTH: Shuffle forward stepping right-left-right
5-6 BOTH: Touch left heel forward, touch left beside right
7&8 BOTH: Shuffle forward stepping left-right-left

REPEAT
