

It Takes Balls

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Improver east coast swing
編舞者: Glenda Ortiz Harney (USA)
音樂: Sometimes It Takes Balls to Be a Woman - Elizabeth Cook



TOE-HEEL-CROSS-HOLD-TOE-HEEL-CROSS-HOLD

1-2 Touch right toe in toward left instep-touch right heel slightly out to right turning toe out
3-4 Cross step right over left-hold
5-6 Touch left toe in toward right instep-touch left heel out slightly turning toe out
7-8 Cross step left over right (12:00)

SHUFFLE RIGHT-ROCK STEP-SHUFFLE LEFT-TOUCH-½ TURN

1&2 Step right to right side-step left beside right-step right to right side (side shuffle)
3-4 Rock back left-recover forward onto right
5&6 Step left to left side-step right beside left-step left to left side (side shuffle)
7-8 Touch right toe slightly back-turn ½ turn to right putting weight onto right (6:00)

ROCK FORWARD-ROCK BACK-ROCK FORWARD-¼-TOUCH

1-2 Rock forward left-recover onto right
3-4 Rock back left-recover onto right
5-6 Rock forward left-recover onto right
7-8 Turning ¼ to left step on left-touch right beside left (3:00)

1st restart here during 3rd repetition that starts at 6:00 wall-restart facing 9:00 wall

HEEL & HEEL & ROCK STEP-COASTER STEP-STOMP-HOLD

1& Touch right heel forward-step on right
2& Touch left heel forward-step on left
3-4 Rock forward right-recover onto left
5&6 Step back right-step left beside right-step forward right (coaster)
7-8 Stomp left-hold

2nd restart here during 3rd repetition after first restart which starts facing 9:00 wall. Restart facing 6:00 wall

HEEL & HEEL & ROCK STEP-COASTER STEP-STOMP-HOLD

1-8 Repeat above 8 counts

¼ MONTEREY TWICE

1-2 Touch right toe to right side-turn ¼ to right stepping on right
3-4 Touch left toe to left side-step left beside right (6:00)
5-6 Touch right toe to right side-turn ¼ to right stepping on right
7-8 Touch left toe to left side-step left beside right (9:00)

RIGHT ¼ BOX-HOLD-LEFT ¼ BOX-HOLD

1-4 Cross step right over left-step back left-step right turning ¼ to right-hold (12:00)
5-8 Cross step left over right-step back right-step left turning ¼ to left-hold (9:00)

REPEAT