

Into Your System

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Carol Jasper (AUS)
音樂: Into Your System - Eliza



CROSS SIDE SAILOR ¼ TURN, CROSS ½ TURN COASTER

1-2 Cross right over left, step left to left
3&4 Cross right behind left, turn ¼ right step left to the left, step right to right
5-6 Cross left over right, turn ½ left step right back
7&8 Step left back, step right beside left, step left forward

CROSS SIDE BEHIND SIDE CROSS, FORWARD ROCK ¼ TURN BACK ROCK

1-2 Cross right over left, step left to left
3&4 Step right behind left, step left to left, cross right over left
5-6 Rock left forward, recover on right
7-8 Turn ¼ left rock left back recover on right

FORWARD SHUFFLE, PIVOT ½ TURN FORWARD SHUFFLE, FULL TURN

1&2 Step left forward, right beside left, step left forward
3-4 Step right forward, pivot ½ turn left
5&6 Step right forward, left beside right, step right forward
7-8 Right ½ turn step left back, turn ½ right step right forward

ROCK STEP, COASTER STEP, CROSS AND HEEL TWICE

1-2 Rock left forward, replace on right
3&4 Step left back, step right beside, step left forward
5&6 Cross right over left, step left to left, right heel to right diagonal
& Step right in place
7&8 Cross left over right, step right to right, left heel to left diagonal
& Step left in place

CROSS SIDE BEHIND ¼ LEFT, MONTEREY TURN ROCK RECOVER CROSS

1-2 Cross right over left, step left to left
3-4 Step right behind left, turn ¼ left step left forward
36 count restart
5-6 Point right to right, turn ½ right step right in place
7&8 Rock left to left, recover on right, cross left over right

FULL TURN, CROSS ROCK RECOVER ½ TURN, SHUFFLE

1-2 Turn ¼ left step right back, turn ½ left step left forward
3-4 Step right forward pivot ¼ left weight on left
5-6 Cross right over left recover on left
7&8 Turn ½ right step right forward, step left beside, step right forward

FORWARD ROCK SWEEP, SAILOR STEP, FRONT SAILOR TWICE

1-2& Rock left, recover on right, sweep left out
3&4 Step left behind right, step right to right, step left to left
52 count restart
5&6 Cross right over left, step left to left, step right in place
7&8 Cross left over right, step right to right, step left in place

ROCK RECOVER BACK SHUFFLE, BACK ROCK FORWARD FULL TURN

1-2 Rock right forward, recover on left
3&4 Step right back, step left beside, step right back
5-6 Rock left back, recover on right
7-8 Turn ½ right step back on left, turn ½ right step right forward
& Step left beside right (only apply on end of wall 5) (9:00)

REPEAT

RESTART

Restart after count 52 on walls 1 and 3

Restart after count 36 on wall 2

TAG

After wall 4, during instrumental

SIDE BEHIND SIDE SHUFFLE TWICE

1-2-3&4 Step left to left, cross right behind left side, together, side

5-6-7&8 Step right to right, cross left behind right, side, together, side

LOCK STEP SHUFFLE TWICE

1-2-3&4 Step left diagonally, lock right behind, left shuffle forward

5-6-7&8 Step right diagonally, lock left behind, right shuffle forward

STEP FORWARD HOLD TWICE

1-2-3-4 Left forward diagonally, hold 3 counts

Stretch & open hands out to both sides

5-6-7-8 Step right forward diagonally, hold 3 counts (weight on left)

Stretch & open hands out to both sides

STEP BACKWARD HOLD TWICE

1-2-3-4 Step right backward diagonally, hold 3 counts

Stretch & open hand out to both sides

5-6-7-8 Step left backward diagonally, hold 3 counts

Stretch & open hand out to both sides

HEEL BOUNCE, KICK

1-2-3-4 Right heel bounce x 3, kick right forward
