

Heaven Bound

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sandi Brooks (USA)
音樂: Heaven Bound - Shana Petrone



FUNKY WALKS

- 1-2 Place heel of right in front of left (right toes point left - 45 degrees), turn toes of both feet out
3-4 Bring heel of left in front of right (left toes pointed right - 45 degrees), turn toes of both feet out
5-8 Repeat counts 1-4

Option instead of Funky Walks above, do Traveling Heel Grind Walks

TRAVELING HEEL GRIND WALKS

- 1 Place right heel in front of left
2 Grind right foot from left to right with toes lifted slightly off the floor
3 Place left heel in front of right
4 Grind left foot from right to left with toes lifted slightly off the floor
5-8 Repeat counts 1-4

KICK & FRONT CROSSES, RIGHT. SAILOR, LEFT. SAILOR WITH ¼ TURN LEFT

- 1&2 Kick right foot forward, step on ball of right while stepping right slightly to the right, cross left foot over and in front of right (weight stays on right)
3&4& Kick left foot forward, step on ball of left while stepping left slightly to the left, cross right foot over and in front of left (weight stays on left), sweep right out kind of like a rhonde (½ circle into the right sailor below)
5&6 Right sailor: cross right behind left, step left to left side, step right to right
7&8 Left sailor with ¼ turn left: cross left behind right while starting a ¼ turn to the left, step right to right finishing ¼ turn left, step left to left

HITCH & OUT, & HIP GRINDS

- 1&2 Hitch right knee 45 degrees to left so it slightly crosses in front of body, touch right toe to right side, step left foot slightly to the left (weight goes to left)
3&4 Repeat counts 1&2
&5-8 Bring right next to left and grind hips for 4 counts (end with weight on left)

WALK, WALK, FULL TURN/SPIN, SLIDE BACK, & OUT, HOLD

- 1-2 Walk forward right, walk forward left
3-4 Turn ½ to left by stepping forward on right, turn ½ to left by stepping forward on left
5-6 Immediately take long step back on right foot, slide left back to right
&7-8 Step right out to right, step left out to left (feet shoulder width apart), hold for a count or clap

REPEAT