

Hazard To Your Health

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Seth Lilly
音樂: Heartbreaker - Danity Kane



SLIDE, STEP, KICK, CROSS, COASTER, STEP ¼, SAILOR ¼

1-2 Slide right to right side, step left next to right
3&4 Kick right forward, step right over left, step left back
&5-6 Step right next to left, step left forward, step right to right side
7&8 Turn ¼ left and step left behind right, step right beside left, turn ¼ left and step left forward (6:00)

SCUFF, STEP, DRAG, ROCK AND CROSS, STEP ¼, STEP ½, SWEEP ½, SAILOR

&1-2 Scuff right forward, step right to right side (toe turned out), drag and step left next to right
3&4 Turn ¼ right and rock right to right side, recover on left, cross right over left
5-6-7 Turn ¼ left and step left forward, turn ½ left and step back on right, turn ½ left and rondé left foot from front to back

Sweeping left foot around on that last ½ turn

8&1 Step left behind right, step right beside left, step left to left side

LOOK, SYNCOPATED JAZZ ¼, SAILOR, STEP, SAILOR

2 Look to right side
3&4 Cross right over left, step back on left, turn ¼ right and step forward on right (9:00)
5&6 Step left behind right, step right beside left, step left to left side
7 Step right out to right side
8&1 Step left behind right, step right beside left, step left to left side

STEP, SAILOR ¼, WALK, STEP, STEP, DRAG ½

2 Step forward on right
3&4 Step left behind right, turn ¼ left and step right beside left, step left to side (6:00)
5-6 Walk forward on right to left diagonal, step left next to right centering at 6:00 wall
7-8 Step back on right, turn ½ right and step left next to right (12:00)

ROCK, RECOVER, STEP ½, SAILOR, CROSS ¼, COASTER ¼

1-2 Rock right to right side, recover on left
3 Turn ½ and step side right (6:00)
4&5 Step left behind right, step right beside left, step left to left side
6 Turn ¼ right and cross right over left (9:00)
7&8 Turn ¼ right and step back on left, step right beside left, step left forward (12:00)

SKATE, SKATE, STEP, SAILOR ¼, CROSS, STEP ¼, STEP ¼, STEP

1-2-3 Skate forward on right, skate forward on left, step forward on right
4&5 Step left behind right, step right beside left, turn ¼ right and step left forward (9:00)
6 Cross right over left
7&8 Turn ¼ right and step left back, step right out to right, turn ¼ right and step left forward to right diagonal (3:00)

ROCK, RECOVER, HITCH, OUT, OUT, IN, CROSS, STEP, SAILOR ¼, WALK

1&2 Rock right forward, recover on left, hitch right and look to right side
&3 Step right out to right side, step left out to left side
&4-5 Step right back in place, cross left over right, step back on right (3:00)
6&7 Step left behind right, step right beside left, turn ¼ left and step left forward (12:00)

8 Walk forward on right

WALK, WALK, HITCH $\frac{1}{2}$, SHUFFLE $\frac{1}{2}$, STEP, PIVOT $\frac{1}{2}$, STEP, STEP $\frac{1}{4}$, STEP $\frac{1}{2}$ CROSS

1-2 Walk forward on left, walk forward on right

&3&4 Turn $\frac{1}{2}$ left and hitch left, shuffle turn $\frac{1}{2}$ left stepping left, right, left (12:00)

5-6 Step right forward, turn $\frac{1}{2}$ to left (weight to left) (6:00)

7&8& Step forward on right, turn $\frac{1}{4}$ right and step left out to left side, turn $\frac{1}{2}$ right and step right out to right side, cross left over right

REPEAT

RESTART

Restart on 2nd wall after 32 counts
