

Glory Bound

COPPER KNOB
STEPSHEETS

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK)
音樂: One Step At a Time - Buddy Jewell



HEEL SWITCHES, MAMBO STEP, SHUFFLE BACK, COASTER STEP

1&2& Dig right heel forward, step right next to left, dig left heel forward, step left next to right
3&4 Rock forward on right, rock back on left, step back on right
5&6 Step back on left, bring right next to left, step back on left
7&8 Step back on right, step left next to right, step forward on right

HEEL SWITCHES, MAMBO STEP, SHUFFLE BACK, COASTER STEP,

1&2& Dig left heel forward, step left next to right, dig right heel forward, step right next to left
3&4 Rock forward on left, rock back on right, step back on left
5&6 Step back on right, step left next to right, step back on right
7&8 Step back on left, step right next to left, step forward on left,

RIGHT SIDE ROCK, CROSS ROCK, CHASSE, BACK ROCK, SIDE ROCK, WEAVE,

1&2& Rock right out to right side, recover on to left, cross rock right over left, recover on to left
3&4 Step right to right side, step left next to right, step right to right side
5&6& Cross rock back on left, recover on to right, side rock left on left, recover on to right
7&8 Cross step left behind right, step right to right side, cross step left over right

RIGHT SIDE ROCK & CROSS, LEFT SIDE ROCK & CROSS, STEP ½ PIVOT STEP, TRIPLE FULL TURN

1&2 Side rock on right to right side, recover on to left, cross step right over left
3&4 Side rock on left to left side, recover on to right, cross step left over right
5&6 Step forward on right, pivot ½ turn left, step forward on right
7&8 Triple full turn right traveling forward on left, right, left

MAMBO FORWARD, SYNCOPATED BACK LOCK STEP, STEP BACK, CROSS ¼ TURN & HEEL

1&2 Rock forward on right, rock back on left, step back on right
3&4 Step back on left, lock step right in front of left, step back on left,
&5-6 Lock step right in front of left, step back on left, step back on right
7&8 Cross step left over right, turn ¼ left stepping back on right, dig left heel forward
& Step left next to right

FORWARD ROCK, BACK ROCK

1-4 Rock forward on right, rock back on left, rock back on right, rock forward left

REPEAT
