

For A Friend

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Stephen Sunter (UK)
音樂: I Turn To You (Thunderpuss Remix) - Christina Aguilera



POINT, FOUETTÉ, STEP BACK, ROCK STEP, STEP FORWARD

- 1 Point right out to right (prep your body left)
- 2-3 Make a full turn back over right shoulder keeping weight on left
- 4-5 Swing right leg out making a ¼ turn right, step right behind left
- 6-7 Rock back on left, replace weight to right
- 8 Step forward left

SCUFF, CROSS, SHUFFLE BACK, ROCK STEP, STEP FORWARD, ¾ TURN

- 9&10 Scuff right next to left, cross step right over left
- 11-12 Shuffle back on left, right, left
- 13-14 Rock back on right, replace weight to left
- 15-16 Step forward right, make a ¾ turn right on ball of right foot

ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

- 17-18 Rock forward left, replace weight to right
- 19&20 Step back left, right next to left, step forward left
- 21-22 Rock forward right, replace weight to left
- 23&24 Step back right, left next to right, step forward right

SIDE ROCK, BEHIND IN FRONT, SIDE ROCK, ¼ TURN, STEP, ½ PIVOT

- 25-26 Rock out to left, replace weight to right
- 27&28 Step left behind right, right to right side, cross step left over right
- 29-30 Rock out to right, making a ¼ turn left replacing weight to left
- 31-32 Step forward right, pivot ½ turn left

REPEAT

TAG 1

STEP, HOLD, STEP, HOLD, SIDE TOGETHER X 4 (END OF 5TH WALL)

- 1 Stomp right to right side
- 2-4 Hold
- &5 Step left next to right, stomp right to right side
- 6-8 Hold
- 9-10 Step onto left bumping hips right, step right next to left and bump hips left
- 11-12 Repeat 9-10 three more times

On count 16 just touch right next to left, ready to start dance again

TAG 2

STEP RIGHT, PIVOT ½ LEFT, STEP RIGHT, PIVOT ½ LEFT (END OF 10TH WALL)

- 1-4 Step forward right, pivot ½ turn left, step forward right, pivot ½ turn left

TAG 3

RIGHT ROCK STEP, RIGHT ROCK BACK (END OF 12TH WALL)

- 1-4 Rock forward right, replace weight left, rock back right, replace weight left

Variation for first eight counts:

POINT, ¼ TURN, PONT TOGETHER, STEP BACK, ROCK STEP, STEP FORWARD

- 1-2 Point right out to right, make a ¼ turn right and step right next to left

3-4 Point left to left, step left next to right

5-8 Step back on right, rock back on left, replace weight to right, step forward left

Dedicated to my true friend Pauline. Thank you for everything and always being there.
