

For The 5th Time

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alice-May Hynam (UK)
音樂: Why Ain't I Running - Garth Brooks



CHASSE, CROSS ROCK, COASTER, STEP PIVOT

1&2 Step right to right, slide left to right, step right to right side
3-4 Cross rock left over right facing diagonally right (1:00), recover
5&6 Step back left, step right beside left, step forward left (still facing 1:00)
7-8 Step forward right, pivot to face 9:00

WALK RIGHT LEFT, RIGHT SHUFFLE, ROCK, LOCK SHUFFLE BACK

9-10 Walk forward right the left
11&12 Shuffle forward stepping right, left, right
13-14 Rock forward on left, recover
15&16 Step back on left, lock right across left, step back left

½ TURN RIGHT, KICK BALL TOUCH, HIP BUMPS, SIDE ROCK

17&18 Point right toe back, tap right toe twice making ½ turn right
19&20 Kick right foot forward, step right beside left, touch left toe beside right
21&22 Bump hips left, right, left making ¼ turn right
23-24 Rock left to left side, recover

LEFT SAILOR, TOE TOUCHES, RIGHT SAILOR ¼ TURN, TOE TOUCHES

25&26 Step left behind right, step right to right side, step left to left side
27-28 Point right across left, point right toe to right side
29&30 Step right behind left, step left to left side, step right to right side, making ¼ turn right
31-32 Point left toe forward, point left toe back

LEFT SHUFFLE, SIDE ROCK, SHUFFLE ¾ TURN, ROCK

33&34 Step forward left, step right beside left, step forward left
35-36 Rock right to right side, recover
37&38 Shuffle ¾ turn right stepping right, left, right
39-40 Rock forward on left, recover

SHUFFLE ½ TURN, ROCK, SHUFFLE ¾ TURN, FORWARD COASTER

41&42 Shuffle ½ turn left stepping left, right, left
43-44 Rock forward on right, recover
45&46 Shuffle ¾ turn right stepping right, left, right
47&48 Step forward left, step right beside left, step back on left

STEP, LOCK, CHASSE, CROSS UNWIND, CHASSE

49-50 Step long step back right, cross left over right making ¼ turn right
51&52 Step right to right side, slide left to right, step right ot right side
53-54& Cross left behind right, unwind ½ turn left, cross left over right
55&56 Step right to right side, slide left to right, step right to right side

KICK BALL CROSS, HEEL AND TOE TOUCHES, RIGHT TOE STRUT, CROSS

57&58 Kick left diagonally forward, step left beside right, cross right over left
&59& Step back left, touch right heel forward, step right beside left
60&61 Touch left toe beside right, step left in place, touch right toe to right side

&62&
63&64

Step right beside left, touch left toe to left side, step left beside right
Touch right toe beside left, strut right heel, step left across right

REPEAT
