

Free The Heart

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sylvia Schell (USA)
音樂: Adventures In Paradise - Ace of Base



CROSS, SIDE, SAILOR, STEP, ½ TURN LEFT, TRIPLE RIGHT

1-2 Cross left over right, step right
3&4 Cross left behind right, step right to right, step in place with left
5-6 Step forward right, pivot ½ turn to left
7&8 Triple right (right, left, right)

CROSS, SIDE, SAILOR, STEP, ½ TURN LEFT, TRIPLE RIGHT

1-2 Cross left over right, step right
3&4 Cross left behind right, step right to right, step in place with left
5-6 Step forward right, pivot ½ turn to left
7&8 Triple right (right, left, right)

WALK LEFT, RIGHT, HIP ROLLS, RIGHT, BEHIND & HEEL & CROSS

1-2 Walk forward left, right
3-4 Roll hips to the right (weight ending on left)
5-6& Step right to right, cross behind with left, hop onto right
7&8 Touch left heel forward, hop back on left, cross right over left (weight goes to right)

LEFT, BEHIND & HEEL & CROSS, STEP, ¼ TURN LEFT, TRIPLE RIGHT

1-2& Step left to left, cross behind with right, hop onto left
3&4 Touch right heel forward, hop back on right, cross left over right (weight goes to left)
5-6 Step forward right, pivot ¼ turn left
7-8 Triple right (right, left, right)

REPEAT
