

The Fire Within

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Bob Bonett (USA)
音樂: The World's Greatest - R. Kelly



Inspired by and dedicated to the worlds Olympians; all of them champions.

STEP FORWARD WITH BUMPS, STEP PIVOT ½ SHUFFLE FORWARD

1&2 Step forward on left bump hips left right left
3&4 Step forward on right bump hips right left right
5-6 Step forward on left pivot ½ turn to right (weight on right)
7&8 Shuffle forward left right left

ROCK & CROSS, ROCK & CROSS, SHUFFLE BACK DIAGONAL, SHUFFLE BACK DIAGONAL

9&10 Rock to right, recover on left, cross right over left
11&12 Rock to left recover on right, cross left over right
13&14 Shuffle diagonally back right left right
15&16 Shuffle diagonally back left right left

SKATE RIGHT WITH SHUFFLES, SKATE LEFT WITH SHUFFLES

17-18 Skate diagonally forward to right on right, skate diagonally forward to left on left
19&20 Shuffle diagonally forward to right (right, left, right)
21-22 Skate diagonally forward to left on left, skate diagonally forward to right on right
23&24 Shuffle diagonally forward to left (left, right, left)

ROCK RECOVER ½ TURN SHUFFLE, ROCK RECOVER ½ TURN SHUFFLE

25-26 Rock forward on right recover on left
27&28 ½ turn shuffle right left right
29-30 Rock forward on left recover on right
31&32 ½ turn shuffle left right left

CROSS ROCK STEP, CROSS ROCK STEP, HEEL JACK, HEEL JACK

33&34 Rock right over left, recover on left, step right to side
35&36 Rock left over right, recover on right, step left to side
&37&38 Step back on right, touch left heel forward, step left next to right, step right next to left
&39&40 Step back on left touch right heel forward, step right next to left step left next to right

STEP ½ PIVOT, ¼ TURN SHUFFLE, SYNCOPATED WEAVE, SIDE SHUFFLE

41-42 Step forward on right, pivot ½ to left (weight on left)
43&44 Step forward right with ¼ turn side shuffle
45&46 Step left behind right step right to side, cross left over right
47&48 Side shuffle to right (right, left, right)

REPEAT