

A Few Dayz Less

COPPER **NOB**
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: 3 Dayz - Rascal Flatts



He sings 'from time to time'. Start the dance on the second 'time'

STEP SLIDE, ROCK RETURN, SHUFFLE, ROCK RETURN

1-4 Big step left to left, slide right to left, rock/step right behind left, rock/return weight to left
5&6-7-8 Shuffle to the right (right, left, right), rock/step left behind right, rock/return weight to right

SHUFFLE, ROCK ¼ TURN, SHUFFLE, SHUFFLE

9&10-12 Shuffle to the left (left, right, left), rock/step right behind left, making ¼ right rock forward onto left
13&14-15&16 Shuffle forward right, left, right, shuffle forward left, right, left (optional ½ turns to the left)

ROCK FORWARD BACK, STEP BACK TOUCH HEEL, ROCK FORWARD BACK, STEP BACK TOUCH HEEL

17-20 Rock/step forward on right, rock back on left, step back on right, touch left heel forward with finger clicks
21-24 Rock/step forward on left, rock back on right, step back on left, touch right heel forward with finger clicks

ROCK FORWARD BACK, SHUFFLE BACK, ROCK BACK FORWARD, SHUFFLE FORWARD

25-28 Rock/step forward on right, rock back on left, shuffle back right, left, right
29-32 Rock/step back on left, rock forward on right, shuffle forward left, right, left

STEP ¼ PIVOT, STEP ¼ PIVOT, CROSS SHUFFLE, ROCK RETURN

33-36 Step forward on right, pivot ¼ turn left, step forward on right, pivot ¼ turn left (weight on left)
37&38 Cross/shuffle to the left right, left, right
39-40 Rock/step left to left, rock return weight to right

CROSS SHUFFLE, ROCK RETURN, & TOUCH HOLD, & TOUCH HOLD

41&42 Cross/shuffle to the right left, right, left
43-44 Rock/step right to right, rock/return weight to left
&45-46 Step right beside left, touch left toe to left, hold
&47-48 Step left beside right, touch right toe to right, hold

& ROCK FORWARD BACK, ¼ TRIPLE STEP, ROCK FORWARD BACK, SHUFFLE BACK

&49-50 Step right beside left, rock/step forward on left, rock back on right
51&52 Making ¼ turn left triple step left, right, left
53-54-55&56 Rock/step forward on right, rock back on left, shuffle back right, left, right

ROCK BACK FORWARD, SHUFFLE FORWARD, WALK FORWARD RIGHT, LEFT, RIGHT, TOUCH LEFT

57-58-59&60 Rock/step back on left, rock forward on right, shuffle forward left, right, left
61-64 Walk forward right, left, right touch left beside right

REPEAT