

East Coast Switch (P)

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 0 級數: Partner
編舞者: Debbie Small (USA) & Fred Rapoport (USA)
音樂: No One Needs to Know - Shania Twain



Position: Starts in double open hand hold position, man facing outside of dance floor / Lady facing inside

SIDE STEPS AND SLIDES

- 1-2 **MAN:** Step to left with left, slide right next to left
 LADY: Step to right with right, slide left next to right
- 3-4 **MAN:** Step to left with left, touch right next to left
 LADY: Step to right with right, touch left next to right
- 5-6 **MAN:** Step to right with right, slide left next to right
 LADY: Step to left with left, slide right next to left
- 7-8 **MAN:** Step to right with right, touch left next to right
 LADY: Step to left with left, touch right next to left

SWING AND PIVOT TURNS

- 9&10 **MAN:** Shuffle to left (left-right-left)
 LADY: Shuffle to right (right-left-right)
- 11 **MAN:** Pivot $\frac{1}{4}$ to the right as you rock back right (releasing lady's left hand)
 LADY: Pivot $\frac{1}{4}$ to the left as you rock back left (releasing man's right hand)
- 12 **MAN:** Rock forward left as you pivot $\frac{1}{4}$ to the left to face partner
 LADY: Rock forward right as you pivot $\frac{1}{4}$ to the right to face partner
- 13&14 **MAN:** Rejoin hands and shuffle right (right-left-right)
 LADY: Rejoin hands and shuffle left (left-right-left)
- 15 **MAN:** Pivot $\frac{1}{4}$ to the left as you rock back left (releasing lady's right hand)
 LADY: Pivot $\frac{1}{4}$ to the right as you rock back right (releasing man's left hand)
- 16 **MAN:** Rock forward right as you pivot $\frac{1}{4}$ to the right to face partner
 LADY: Rock forward left as you pivot $\frac{1}{4}$ to the left to face partner
- 17&18 **MAN:** Rejoin hands and shuffle left (left-right-left)
 LADY: Rejoin hands and shuffle right (right-left-right)
- 19 **MAN:** Pivot $\frac{1}{4}$ to the right as you rock back right (releasing lady's left hand)
 LADY: Pivot $\frac{1}{4}$ to the left as you rock back left (releasing man's right hand)
- 20-24 **MAN:** Rock forward left, place lady into outside underarm turn, and step in place (right-left-right), touch left
 LADY: Rock forward right, pivot $1\frac{1}{2}$ to the right underarm turn under man's left arm (left-right-left) to finally face partner, touch right

Partners rejoin in closed dance position (having rotated $\frac{1}{4}$ to the right turn from original starting dance position)

SWING, TUCK AND TURN

- 25&26 **MAN:** Shuffle to your left (left-right-left)
 LADY: Shuffle to right (right-left-right)
- 27&28 **MAN:** Shuffle to right (right-left-right)
 LADY: Shuffle to your left (left-right-left)
- 29 **MAN:** Release lady's right hand, as you rock back left, opening and slightly pivoting away from your partner
 LADY: Release man's left hand, as you rock back right, opening and slightly pivoting away from your partner
- 30 **MAN:** Rock forward right, as you pivot back toward your partner, picking up her right hand in your left

- LADY:** Rock forward left, as you pivot back toward your partner, picking up his left hand in your right
- 31&32 **MAN:** Place lady into outside underarm turn, as you pivot a $\frac{1}{4}$ turn to the left, shuffling in place (left-right-left)
- LADY:** Touch right next to left, step forward right, as you pivot a $\frac{1}{4}$ underarm turn to the right, under gentleman's left arm
- 33&34 **MAN:** Shuffle in place right, left, right
- LADY:** Shuffle (left-right-left) as you complete $\frac{1}{2}$ turn to the right to face your partner
- 35-36 **MAN:** Rock back left, forward right
- LADY:** Rock back right, forward left

Man and lady are now facing each other at original starting dance position in single hand hold position (man holding lady's right hand in his left hand only)

SHUFFLES & TURNS

- 37&38 **MAN:** Release hands and shuffle forward (left-right-left), passing your partner on your right
- LADY:** Release hands and shuffle forward (right-left-right), passing your partner on your right
- 39&40 **MAN:** Shuffle forward (right-left-right) as you complete a $\frac{1}{2}$ turn to the left
- LADY:** Shuffle forward (left-right-left) as you complete a $\frac{1}{2}$ turn to the right
- 41-42 **MAN:** Rock back left, forward right
- LADY:** Rock back right, forward left
- 43&44 **MAN:** Shuffle forward (left-right-left)
- LADY:** Shuffle forward (right-left-right)
- 45&46 **MAN:** Shuffle forward (right-left-right) as you complete a $\frac{1}{2}$ turn to the left
- LADY:** Shuffle forward (left-right-left) as you complete a $\frac{1}{2}$ turn to the right
- 47-48 **MAN:** Rock back left, forward right
- LADY:** Rock back right, forward left

Man and lady are back in starting dance positions (offset one partner to the left of their original partner)

REPEAT
