

Dizzy's Recipe

COPPER KNOB
STEPPED SHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Elizabeth Bocci (AUS) & Bev Rush
音樂: The Recipe - Donna Fisk & Michael Cristian



HITCH TAP AND SAILOR, HITCH TAP BEHIND, ¼ TURN STEP FORWARD

1-2 Hitch right knee across left leg, tap right toe to right side
3&4 Right behind left, left to left side, right to right side (right sailor)
5-6 Hitch left knee across right leg, tap left toe to left side
7&8 Left behind right, ¼ turn right, step onto right step forward left

STEP STEP SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK, ½ TURN SHUFFLE FORWARD

1-2 Step forward right, step forward left
3&4 Shuffle forward right left right
5-6 Rock forward onto left, rock back onto right
7&8 Turn ½ turn left shuffle forward left right left

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KICK BALL-STEP KICK BALL-STEP, ROCK FORWARD, ROCK BACK, ¾ TURN TRIPLE STEP

1&2 Kick right forward, step right together, step forward left (kick ball step)
3&4 Kick right forward, step right together, step forward left (kick ball step)
5-6 Rock forward onto right, rock back onto left
7&8 Turn ¾ right triple step on spot (right, left, right)

STEP FORWARD TAP, STEP BACK TAP, ROCK FORWARD, ROCK BACK, ½ TURN SHUFFLE FORWARD

1-2 Step forward left, tap right toe behind left foot
3-4 Step back onto right, tap left toe across right foot
5-6 Rock forward onto left, rock back onto right
7&8 Turn ½ turn left, shuffle forward left, right, left

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SIDE REPLACE SAILOR, SIDE REPLACE SAILOR

1-2 Rock right to right side, replace weight onto left on left side
3&4 Right behind left, left to left side, right to right side (right sailor)
5-6 Rock left to left side, replace weight onto right on right side
7&8 Left behind right, right to right side, left to left side (left sailor)

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

1-2 Rock forward onto right, rock back onto left
3&4 Shuffle back right, left, right
5-6 Rock back onto left, rock forward onto right
7&8 Shuffle forward left, right, left

TOE HEEL CROSS SHUFFLE, TOE HEEL CROSS SHUFFLE

1-2 Touch right toe to left instep, touch right heel to left instep
3&4 Cross shuffle right, left, right
5-6 Touch left toe to right instep, touch left heel to right instep
7&8 Cross shuffle left, right, left

ROCK FORWARD, ROCK BACK, ½ TURN SHUFFLE FORWARD, STEP FORWARD, ¼ TURN, LEFT KICK AND TOUCH

- 1-2 Rock forward onto right, rock back onto left
- 3&4 Turn ½ turn right, shuffle forward right, left, right
- 5-6 Step forward left, turn ¼ turn right, (weight on right foot)
- 7&8 Kick left forward, step left together, touch right toe to right side

REPEAT

RESTART

- On wall 2, dance first 16 counts, then restart
- On wall 4, dance first 32 counts, then restart

TO FINISH DANCE

- On count 62 do ½ turn right (facing front) kick left forward, step left together, touch right toe to right side
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