

Desert Mirage

COPPER KNOB
STEPSHEETS

拍數: 60 牆數: 2 級數: Intermediate
編舞者: Paula Frohn-Butterly (USA)
音樂: If Wishes Were Horses - Kimber Clayton



MARCHING STEPS

- 1 Lift right knee, weight on right foot
- 2 Lift left knee, weight on left foot
- 3 Lift right knee, weight on right foot
- 4 Lift left knee, weight on left foot

RIGHT CROSS, ½ TURN LEFT, HOLD TWICE

- 5-6 Cross right foot over left; turn ½ turn left
- 7 Hold feet in place, turn head right
- 8 Hold feet in place, turn head left

SHUFFLES FORWARD, SHUFFLES BACK

- 9&10 Shuffle forward right, left, right
- 11&12 Shuffle forward left, right, left
- 13&14 Shuffle back right, left, right
- 15&16 Shuffle back left, right, left

KICK BALL CHANGE, PIVOT LEFT

- 17&18 Kick right foot out; step on ball of right foot; change weight to left foot
- 19-20 Step forward on right foot; pivot ½ turn left, transfer weight to left foot
- 21-22 Kick right foot out; step on ball of right foot; change weight to left foot
- 23-24 Step forward on right foot; pivot ½ turn left, transfer weight to left foot

STEP IN PLACE, DOWN, DOWN, UP, UP

- 25-26 Right foot step, bending right knee down; left foot step, bending left knee down
- 27-28 Right foot step, straightening right knee up; left foot step, straightening left knee up

MONTEREY TURN

- 29 Right toe touch to right side
- 30 Swing right foot around beside left foot making ½ turn to right
- 31 Left foot touch to side
- 32 Left foot in place with weight on left foot

SHUFFLE TO RIGHT, ROCK BACK

- 33&34 Shuffle to right side right, left, right
- 35-36 Rock back on left foot; rock forward on right foot

SHUFFLE TO LEFT, ROCK BACK

- 37&38 Shuffle to left side left, right, left
- 39-40 Rock back on right foot; rock forward on left foot

STEP IN PLACE, DOWN, DOWN, UP, UP

- 41-42 Right foot step, bending right knee down; left foot step, bending left knee down
- 43-44 Right foot step, straightening right knee up; left foot step, straightening left knee up

STEP FORWARD RIGHT-LEFT-RIGHT, ½ TURN RIGHT WITH CHUG

- 45-46 Step forward with right foot; step forward with left foot

47-48 Step forward with right foot; with weight still on right foot, make ½ turn right with left knee up

STEP FORWARD LEFT-RIGHT-LEFT, ½ TURN LEFT WITH CHUG

49-50 Step forward with left foot; step forward with right foot

51-52 Step forward with left foot; with weight still on left foot, make ½ turn left with right knee up

STEP FORWARD RIGHT-LEFT-RIGHT, STOMP LEFT

53-54 Step forward right; step forward left foot

55-56 Step forward right foot; stomp left next to right foot

RIGHT CROSS LEFT, ½ TURN LEFT, HOLD TWICE

57-58 Cross right foot over left; turn ½ turn left

59 Hold feet in place, turn head right

60 Hold feet in place, turn head left

REPEAT
