

Dance For Today

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Glynn Rodgers (UK)
音樂: A Good Day to Run - Darryl Worley



HEELS TWICE, TOES TWICE, STAR

1-2 Dig right heel forward twice
3-4 Touch left toe back twice
5-6 Touch right toe forward and to right side
7-8 Touch right toe back, touch right toe in place

RUMBA BOX

1-2 Step right to right side, close left to right
3-4 Step forward right, touch left beside right
5-6 Step left to left side, close right to left
7-8 Step back left, touch right beside left

WEAVE, ROCK AND CROSS SHUFFLE

1-2 Step right to right side, step left behind right
3-4 Step right to right side, cross left over right
5-6 Rock right to right side, recover weight onto left
7&8 Cross right over left, close left to right, cross right over left

WEAVE, PIVOT TURN AND SHUFFLE FORWARD

1-2 Step left to left side, step right behind left
3-4 Step left to left side, cross right over left
5-6 Step left slightly forward, pivot ¼ turn right
7&8 Step left forward, close right to left, step forward left

ROCK, COASTER STEP, PIVOT TWICE

1-2 Rock forward right, recover weight onto left
3&4 Step back right, close left to right, step forward right
5-6 Step forward right, pivot half turn left
7-8 Step forward right, pivot half turn left

STEP, KICK X3, COASTER STEP, PIVOT TURN

1-2 Step forward right, kick left foot forward
3-4 Kick left foot forward twice
5&6 Step back left, close right to left, step forward left
7-8 Step forward right, pivot half turn left

SHUFFLE, HALF TURN, STEP BACK, ROCK, PIVOT TURN

1&2 Step forward right, close left to right, step forward right
3-4 Turn a half turn left, stepping back right, step back onto left foot
5-6 Rock back onto right foot, recover weight onto left
7-8 Step forward right, pivot half turn left

REPEAT