

Cowgirl's Delight

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver west coast swing
編舞者: Ann Kang
音樂: C'est La Vie - Bob Seger



RIGHT SHUFFLE, LEFT SHUFFLE, ROCK BACK, RECOVER, KICK BALL CHANGE

1&2 Step right to right, close left to right, step right to right
3&4 Step left to left, close right to left, step left to left
5-6 Rock back on right, recover on left
7&8 Kick right forward, step down on right, change weight onto left

RIGHT SHUFFLE TURN ½ LEFT, ROCK BACK, RECOVER, LEFT SHUFFLE TURN ½ RIGHT, ROCK BACK, RECOVER

1&2 Right shuffle forward turning ½ left stepping right, left, right
3-4 Rock left back, recover on right
5&6 Left shuffle forward turning ½ right stepping left, right, left
7-8 Rock right back, recover on left

KICK BALL CROSS 4X

1&2 Kick right foot forward diagonally right, step right foot down, cross left in front of right
3&4 Repeat 1&2
5&6 Repeat 1&2
7&8 Repeat 1&2

RIGHT DIAGONAL FORWARD, HOLD AND CLAP, LEFT DIAGONAL FORWARD, HOLD AND CLAP, SWIRL RIGHT DIAGONAL, SWIRL LEFT DIAGONAL, REPEAT

1-2 Step right forward diagonally right, hold and clap
3-4 Step left forward diagonally left, hold and clap
5-6 (Bend knee) swirl right diagonal, swirl left diagonal right
7-8 Repeat 5-6

ROCK RIGHT FORWARD, RECOVER, ½ TURN RIGHT, ROCK LEFT FORWARD, RECOVER, COASTER

1-2 Rock right forward, recover on left
3&4 ¼ turn right step right to right side, step left together, ¼ turn right step right forward (6:00)
5-6 Rock left forward, recover on right
7&8 Step left back, step right together with left, step left forward

TOE, HEEL, CROSS, TOE, HEEL, CROSS, ¼ TURN LEFT AS RIGHT FOOT BACK, STEP LEFT TO LEFT

1-2-3 Touch right toe beside left heel, touch right heel beside left toe, cross right over left
4-5-6 Touch left toe beside right heel, touch left heel beside right toe, cross left over right
7-8 ¼ turn left as step right back, step left to left (3:00)

MONTEREY TURN, STEP FORWARD, ¼ TURN LEFT, STEP FORWARD, ¼ TURN LEFT

1-2 Point right toe to right side, turn ½ right as you step down on right (9:00)
3-4 Point left toe to left side, step left beside right
5-6 Step right forward, pivot ¼ turn left
7-8 Repeat 5-6 (3:00)

TOUCH RIGHT HEEL DIAGONAL, STEP BACK, TOUCH LEFT HEEL DIAGONAL, STEP BACK, REPEAT 2X

1-2 Touch right heel to right diagonal, step right in place
3-4 Touch left heel to left diagonal, step left in place

5-6 Repeat 1-2
7-8 Repeat 3-4

REPEAT
