

Competition Take A Leave

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Guyton Mundy (USA)
音樂: All Or Nothing - Athena Cage



STEP, SAILOR, FULL TURN, COASTER, FOOT SWING

1-2&3 Step left, step behind right, step together left, step forward right
4-5 Full turn left with ronde
6&7 Step back left, step together right, step forward left
8 Swing right foot forward with toe pointed

TOE TOUCH ½ TURN (TWICE), COASTER, STEP, STEP

1-2 Touch right toe back, ½ turn to the right
3-4 Touch left toe forward, ½ turn to the right
5&6 Step back right, step together left, step forward right
7-8 Step left-right

SYNCOPATED VINE, SIDE ROCK/RECOVER, ¼ TURN SYNCOPATED VINE, FORWARD ROCK/RECOVER

1&2 Step behind left, step out right, cross left in front
3-4 Rock out to right side, recover to left
5&6 Step behind right, step out left, cross right in front while making ¼ turn to the left
7-8 Rock forward on left, recover back on right

COASTER, STEP BACK, ¼ TURN STEP BACK, SHOULDER ROCKS, STEP TOGETHER

1&2 Step back left, step together right, step forward left
3-4 Step back right, step back on left making ¼ turn to the left
5-6-7&8 Rock shoulder left-right-left, lift right shoulder and right foot, lower right shoulder stepping right foot together

STEP, HEEL RAISES, HEEL SWIVELS, HEEL SWIVELS, ROCK/RECOVER, FULL TURN

1&2 Step forward right, raise heels
&3 Swivel right heel to right and left heel to left, bring back to neutral
&4 Swivel right toe to right and left heel to left, bring back to neutral
5-6 Rock forward left, recover back right
7-8 Make full turn stepping left-right

COASTER, SIDE KICK, HOOK, ¾ TURN, SIDE STEP, HOLD, FOOT WALKS

1&2 Step back left, step together right, step forward left
&3 Kick right foot out to right side, hook right foot behind left
4 ¾ unwind to the right
5-6 Step right foot out to right side, hold
7&8 Walk right toe in, walk right heel in, walk right toe in

SIDE KICK BALL CROSS, TOE TOUCH FORWARD, TOE TOUCH BACK, STEP, DRAG, STEP, HEEL TURNS

1&2 Kick left foot to left side, step together left, cross right in front
3-4 Touch left toe forward, touch left toe back
5-6 Big step forward on left, drag right foot together
7&8 Step forward right, bring left heel to right heel take right heel to right, while making a ½ turn to the left

FORWARD KICKS (TWICE), STEP, DRAG, ¼ TURN BODY POPS

1&2 Kick left foot forward, switch to kick right foot forward

&3-4 Switch to step left foot forward, drag right foot together

5-6-7&8 Bring bent arms up to shoulder level, turn head ¼ turn to the left, turn upper body ¼ turn to the left, follow with lower body ¼ turn to the left, drop arms to sides

REPEAT
