

The Coast Is Clear

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gwenda Rooke (AUS)
音樂: The Coast Is Clear - Tracy Lawrence



- 1 Turning ¼ turn right step to side on right foot (sway hips right)
2 Turning ¼ turn left step/rock forward onto left (swaying hips left)
3&4 Bringing right beside left triple step on the spot right-left-right
5 Turning ¼ turn left step to side on left foot (sway hips left)
6 Turning ¼ turn right, step/rock forward onto right (swaying hips right)
7&8 Bringing left beside right triple step on the spot left-right-left
- 1-2 Step forward (long step) on right at 45 degrees right, slide left beside right (transfer weight to left)
3&4 Triple step on the spot right-left-right
5-6 Step forward (long step) on left at 45 degrees left, slide right beside left (transfer weight to right)
7&8 Triple step on the spot left-right-left
- 1-2 Step/rock forward on right, rock back onto left
3&4 Shuffle back right-left-right lifting right heel & popping knee forward on last step back
5-6 Rock forward on left, drag left toe around in a large half circle
7&8 Shuffle across in front left-right-left
- 1-2 Step/rock forward on left, rock back onto right
3&4 Shuffle back left-right-left lifting left heel & popping knee forward on last step back
5-6 Rock forward on right, drag right toe around in a large half circle
7&8 Shuffle across in front right-left-right
- 1-2 Step forward on right, pivot ½ turn left (transfer weight to left)
3&4 Triple step on spot right-left-right
5-6 Step forward on ball of left hitching right, turn ¾ turn right
7&8 Step right to side, pushing hips right-left-right
- 1-2 Step left across in front of right, step right to side
3-4 Step left behind right, point right toe to right side
5&6 Shuffle across in front right-left-right
7-8 Turning ½ turn right step slightly back on left, step right to right side
- 1-2 Step/rock left across in front of right, rock back onto right
3&4 Triple step on spot left-right-left
5-6 Step/rock right across in front of left, rock back onto left
7&8 Triple step on spot right-left-right
- 1&2 Shuffle forward left-right-left turning full turn right
3&4 Shuffle forward right-left-right
5-6 Step forward on left, pivot ½ turn right (transfer weight to right)
7&8 Triple step on spot left-right-left

REPEAT

