

Chasing Rainbows

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Levi J. Hubbard (USA)
音樂: As Long As You Follow - Fleetwood Mac



SHUFFLES FORWARD, ½ PIVOT TURNS (REPEAT)

- 1 Right - step forward
- & Left - step together
- 2 Right - step forward
- 3 Left - step forward
- 4 On (balls of) both feet, pivot ½ turn right
- 5 Left - step forward
- & Right - step together
- 6 Left - step forward
- 7 Right - step forward
- 8 On (balls of) both feet, pivot ½ turn left

CROSS ROCK-RECOVER, COASTER STEP (REPEAT)

- 9 Right - cross step (rock) in front of left foot, while slightly lifting left foot off floor
- 10 Left - lower foot back to floor (recover)
- 11 Right - step backward on (ball of) foot
- & Left - step together on (ball of) foot
- 12 Right - step forward
- 13 Left - cross step (rock) in front of right foot, while slightly lifting right foot off floor
- 14 Right - lower foot back to floor (recover)
- 15 Left - step backward on (ball of) foot
- & Right - step together on (ball of) foot
- 16 Left - step forward

VINE (RIGHT), VINE (LEFT), ¼ TURN (LEFT)

- 17 Right - step to side
- 18 Left - cross step behind right foot
- 19 Right - step to side
- 20 Left - touch together
- 21 Left - step to side
- 22 Right - cross step behind left foot
- 23 Left - turning ¼ turn left, step forward
- 24 Right - step together

HEEL TOUCH, CROSS TOUCH, HEEL TOUCH, BACK TOUCH, STEP FORWARD, HEEL TOUCH STEP BACK, STEP TOGETHER

- 25 Left - touch heel forward or slightly kick forward
- 26 Left - cross touch in front of right foot
- 27 Left - touch heel forward or slightly kick forward
- 28 Left - touch toe backward
- 29 Left - step forward
- 30 Right - touch heel forward or slightly kick forward
- 31 Right - step backward
- 32 Left - step together

REPEAT

