

Calm Before The Storm

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Miska Honkakoski (FIN)
音樂: Calm Before The Storm - Vaquero



STEP, SHUFFLE, TURN, SHUFFLE, TURNING STEP

- 1 Step right foot forward
- 2&3 Left shuffle forward
- 4-5 Rock step forward on right foot, step back on left foot while turning ½ turn to left
- 6&7 Right shuffle forward
- 8 Step left foot forward while turning ½ turn to right

HIP BUMPS, FANCY MONTEREY TURN

- 9 Step right foot diagonal back and bump hip to right
- 10& Bump hip to left, bump hip to right
- 11-12 Bump hip to left twice
- 13-14 Touch right toe to right, turn ½ turn to right on left foot and draw right foot next to left
- 15-16 Touch left toe to left, turn ¼ turn to left on right foot and draw left foot next to right

STRUTS

- 17-18 Touch right toe over left, drop right heel down
- 19-20 Touch left toe to left, drop left heel down
- 21-22 Touch right toe over left, unwind ¼ to left and drop both heels down
- &23 Lift both heels, drop both heels
- &24 Lift both heels while turning ¼ turn to left, drop both heels

STRUTS, COASTER STEP

- 25-26 Touch left toe over right, drop left heel down
- 27-28 Touch right toe to right, drop right heel down
- 29-30 Touch left toe over right, unwind ¼ to right
- 31&32 Step left foot back, step right foot next to left, step left foot forward

KICK BALL CHANGE, DOUBLE KICK, SHUFFLE, COASTER STEP

- 33&34 Kick forward on right foot, step right ball next to left, change weight to left foot
- 35-36 Kick right foot forward twice
- 37&38 Right shuffle backward
- 39&40 Step left foot back, step right foot next to left, step left foot forward

KICK BALL CHANGE, DOUBLE KICK, TURNING JAZZ BOX

- 41&42 Kick forward on right foot, step right ball next to left, change weight to left foot
- 43-44 Kick right foot forward twice
- 45-46 Step right foot over left, step left foot back
- 47-48 Step right foot to right while turning ¼ turn to left, step left foot next to right

REPEAT
