

Blessed

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jodee Shadinger (USA)
音樂: Blessed - Martina McBride



SWEEP RIGHT; COASTER STEP ¼ RIGHT; ROCK STEP; COASTER STEP; SCUFF

- 1 Sweep right foot in front of body making a ½ circle left to right
Arms: lift arms above head so that wrists are crossed and bring down gently to either side
2&3 Step right foot back while turning ¼ right; step left together; step right foot forward
4-5 Rock forward on left; rock back on right
6&7-8 Step back on left; step right together; step forward on left; scuff right foot forward

STEP; SHUFFLE LEFT; ROCK STEP; SHUFFLE RIGHT WITH ½ TURN RIGHT; ½ TURN RIGHT BRINGING KNEE IN

- 1-2&3 Step forward on right; step forward on left; step right next to left; step forward on left
4-5 Rock forward on right; rock back on left
6&7 Step forward on right turning ½ right; step left next to right; step forward on right
8 Step on left foot while turning ½ right also pulling right heel in to left shin

ROCK SIDE; GRAPEVINE; CROSS LEFT; RIGHT STEP BACK ¼ TURN LEFT; LEFT STEP FORWARD ½ TURN LEFT; ROCK STEP ¼ TURN

- 1-2 Rock right to right side; rock left to left side
3&4 Cross right behind left; step left to left side; cross right in front of left
5-6 Cross left in front of right (body facing right diagonal); step back on right with ¼ turn left
7&8 Step forward on left with ½ turn left; rock on right with ¼ turn left; rock left to left side

CROSS RIGHT; LEFT STEP BACK ¼ TURN RIGHT; RIGHT STEP FORWARD ½ RIGHT; ROCK STEP ¼ TURN; CROSS LEFT; POINT; STEP BACK WITH ¼ TURN RIGHT; STEP FORWARD; BRUSH

- 1-2 Cross right in front of left (body facing left diagonal); step back on left with ¼ turn right
3&4 Step forward on right with ½ turn; rock on left with ¼ turn right; rock right to right side
5-6 Cross left in front of right; point right to right side
7&8 Step back on right with ¼ turn right; step forward on left; brush right toe forward gently while preparing to restart the dance

REPEAT
