

Back In The Saddle

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mare Dodd (USA)
音樂: Back In the Saddle - Matraca Berg



POINT-CROSSES RIGHT & LEFT, STEP-PIVOT ¼ RIGHT

- 1-2 Point right toe to right side, cross right foot over left (weight on right)
- 3-4 Point left toe to left side, cross left foot over right (weight on left)
- 5-6 Point right toe to right side, cross right foot over left (weight on right)
- 7-8 Step forward on left foot, turn ¼ right stepping on right

LEFT & RIGHT & LEFT TOE-HEEL STRUTS FORWARD, KICK RIGHT FOOT TWICE

- 1-2 Touch left toe forward, drop left heel
- 3-4 Touch right toe forward, drop right heel
- 5-6 Touch left toe forward, drop left heel
- 7-8 Kick right foot forward twice

SHUFFLE SIDEWAYS RIGHT, ROCK-STEP, SHUFFLE SIDEWAYS LEFT, ROCK-STEP

- 1 Step right foot to right side
- &2 Step left foot together, step right foot to right side
- 3-4 Rock back on left foot, recover weight on right foot
- 5 Step left foot to left side
- &6 Step right foot together, step left foot to left side
- 7-8 Rock back on right, recover weight on left foot

STOMP RIGHT & LEFT, SCISSOR (HEEL FAN), TOE FAN, ROCK BACK ON BOTH HEELS

- 1-2 Stomp right foot, stomp left foot beside right
- 3-4 Scissor: fan heels out & back in
- 5-6 Toe fan: fan toes out & back in
- 7-8 Rock back on both heels, replace weight on both feet

REPEAT
