

American Dream

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: John Bishop (AUS) & Karen Wilkinson (AUS)
音樂: An American Dream - Nitty Gritty Dirt Band



Start on the word "what" in "What did you say"

TWO RIGHT HALF MONTEREY TURNS

1-2 Point right toe to side, slide right in taking weight turning ½ turn to the right
3-4 Point left to side, step left together
5-6 Point right toe to side, slide right in taking weight turning ½ turn to the right
7-8 Point left to side, step left together

TWO RIGHT KICK BALL CHANGES, MILITARY/PIVOT TURN, SHUFFLE FORWARD

1&2-3&4 Kick right forward, ball change right-left, kick right forward, ball change right-left
5-6-7&8 Step right forward, pivot ½ turn to the left, shuffle forward right-left-right

SAILOR STEP, SAILOR STEP QUARTER TURN, HEEL-BALL-CROSS, SIDE, ROCK

1&2-3&4 Sailor step left-right-left, sailor step right-left-right turning ¼ turn to the right
5&6 Tap left heel forward at 45 degrees left, step ball of left together, cross/step right over left
7-8 Rock/step left to side, side rock onto right

SHUFFLE ACROSS, HALF TURN, CROSS, ROCK, TURN QUARTER RIGHT AND SHUFFLE FORWARD

1&2 Cross shuffle left-right-left to right
3-4 Step right back turning ¼ turn to the left, step left to side turning ¼ turn to the left
5-6 Cross/rock right over left, rock back onto left
7&8 Turn ¼ turn to the right and shuffle forward right-left-right

'THE MOONLIGHT EFFECT!': HIPS SWAYS (FIGURE 8) FORWARD AND BACK, ROCK BACK FORWARD, COASTER ROCK

1-2 Step left forward and sway hips forward for two counts
3-4 Rock back onto left and sway hips back for two counts
5-6 Rock/step left back, rock forward onto right
7&8 Rock back onto left (where it is), step right together, step left forward

TWO MILITARY/PIVOT TURNS, JAZZ BOX/REGGAE QUARTER RIGHT

1-2-3-4 Step right forward, pivot ½ turn to the left, step right forward, pivot ½ turn to the left
5-6 Cross/step right over left, step left back turning 45 degrees to the right
7-8 Step right to side turning 45 degrees to the right, step left together

JAZZ BOX/REGGAE QUARTER RIGHT, ROCKING CHAIR

1-2 Cross/step right over left, step left back turning 45 degrees to the right
3-4 Step right to side turning 45 degrees to the right, step left together
5-6-7-8 Rock/step right forward, rock back onto left, step right back, rock forward onto left

VINE RIGHT WITH STEP, CROSS, UNWIND, SHUFFLE ACROSS

1-2-3-4 Step right to side, step left behind right, step right to side, step left together
5-6-7&8 Cross right over left, unwind ½ turn to the left (end with weight on right), cross shuffle left-right-left to right

REPEAT

