

Lord Of Pain

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Frida Axelsson (SWE) - August 2007
音樂: Better Man - Robbie Williams : (CD: Sing When You're Winning)



16 count intro

STEP LF SIDE LEFT, ROCK RF BACK, RECOVER, SHUFFLE SIDE RIGHT TURN ¼ R, ROCK LF FWD, RECOVER, 1 ½ TURN L

1 LF step left
2 RF rock back
3 LF recover
4 RF step right
& LF step beside RF
5 RF step right, turn ¼ right
6 LF rock forward
7 RF recover
8 LF step back, turn ½ left
& RF step forward, turn ½ left
1 LF step back, turn ½ left

ROCK RF FWD, RECOVER, ¾ TURN L, STEP RF SIDE RIGHT, ROCK LF BACK, RECOVER, LEFT SHUFFLE TURN ½ L

2 RF rock forward
3 LF recover
4 RF step back, turn ¼ left
& LF step side left, turn ¼ left
5 RF turn ¼ left, step side right
6 LF rock back
7 RF recover
8 LF step left, turn ¼ left
& RF step beside LF
1 LF step forward, turn ¼ left

STEP RF SIDE RIGHT, SWEEP LF TURN ½ R, HITCH, CROSS, TWIST ½ TURN R, TWIST ¼ TURN L, COASTER STEP

2 RF step right
3 LF sweep from left to right turning ½ right
4 LF hitch
5 LF cross over RF
6 twist and turn ½ right
7 twist and turn ¼ left, weight on RF
8 LF step back
& RF step beside LF
1 LF step forward

ROCKING CHAIR, STEP TURN ¾ L, STEP RF SIDE RIGHT, ROCK LF BACK, RECOVER

2 RF rock forward
3 LF recover
4 RF rock back
5 LF recover
6 RF step forward, turn ½ left
& LF step forward, turn ¼ left
7 RF step right
8 LF rock back
& RF recover

