

She's 24-7

COPPER KNOB
STEPSHEETS

拍數: 84 牆數: 4 級數: Intermediate
編舞者: Dottie Cadden (USA)
音樂: 24-7-365 - Neal McCoy : (CD: 24-7-365)



ROCK, RECOVER, FULL TURN, SHUFFLE, STEP, PIVOT

1-2 Rock forward on right, recover on left
3&4 Full turn right triple right, left, right
5&6 Shuffle forward left, right, left
7-8 Step forward on right, ½ pivot left taking weight on left

CROSS, STEP, COASTER, STEP, PIVOT, KICK BALL TOUCH

1-2 Cross right over left, step left next to right
3&4 Right coaster step
5-6 Step forward on left, pivot ¼ right taking weight on right
7&8 Left kick, ball, touch

KICK AND STEP, TWIST, KICK AND STEP, TWIST

1&2 Kick right foot forward, step right under body, step left foot slightly forward
3 Twist body ¼ turn right on balls of both feet, as arms open to left shape
4 Twist body ¼ turn left on ball of both feet, return arms to normal hold
5&6 Kick right foot forward, step right under body, step left foot slightly forward
7 Twist body ¼ turn right on balls of both feet, as arms open to left shape
8 Twist body ¼ turn left on ball of both feet, return arms to normal hold

SYNCOPATED CROSS, SHUFFLES

1&2 Cross right over left, step left slightly back, touch right heel forward
&3& Step right foot back under body, touch left heel forward, step left under body
4 Touch right toe next to left
5&6 Shuffle forward right, left, right
7&8 Shuffle forward left, right, left

STEP ¼ TURN LEFT, CROSS SHUFFLE, ¼ TURN LEFT ROCK, RECOVER, COASTER STEP

1-2 Step forward on right, ¼ turn left
3&4 Shuffle across left with right, left, right
5-6 Turn ¼ turn left with left rocking weight onto it, recover weight to right
7&8 Left coaster step

SHUFFLE, PIVOT, SHUFFLE, PIVOT

1&2 Shuffle forward right, left, right
3-4 Step forward with left, pivot ½ turn right taking weight on right
5&6 Shuffle forward left, right, left
7-8 Step forward with right, pivot ½ turn left taking weight on left

KICK AND STEP, TWIST, KICK AND STEP, TWIST

1&2 Kick right foot forward, step right under body, step left foot slightly forward
3 Twist body ¼ turn right on balls of both feet, as arms open to left shape
4 Twist body ¼ turn left on ball of both feet, return arms to normal hold
5&6 Kick right foot forward, step right under body, step left foot slightly forward
7 Twist body ¼ turn right on balls of both feet, as arms open to left shape
8 Twist body ¼ turn left on ball of both feet, return arms to normal hold

SYNCOPATED CROSS, SHUFFLES

1&2 Cross right over left, step left slightly back, touch right heel forward

&3& Step right foot back under body, touch left heel forward, step left under body
4 Touch right toe next to left
5&6 Shuffle forward right, left, right
7&8 Shuffle forward left, right, left

REPEAT

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