

Load Me Up

COPPER KNOB
STEPSHETS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Sandi Leroux (CAN) - October 2005
音樂: Load Me Up - The Cruzeros : (Album: Scandalosa)



1&2 Step
forward right,
step left beside
right, step right
forward
3&4 Pivot ½
turn right step
left back, step
right beside left,
step left back
5&6 Pivot ½
turn right step
right forward,
step left beside
right, step right
forward
7, 8 Step left
forward right,
touch right
beside left

Gallop Right, Pivot ½ Right, Rock/Recover

1&2 Step right
to right, step left
to right, step
right to right
&3&4 Step left
to right, step
right to left, step
left to right, step
right ¼ turn
right
5, 6 Step
forward left
pivot ½ turn
right, step
forward right
7, 8 Rock
forward left,
step back right

Turning Triples Back

1&2 Pivot ½
step left step left
forward, step
right beside left,
step left
forward

3&4 Pivot ½
turn left step
right back, step
left beside right,
step right back
5&6 Pivot ½
turn left step
forward left,
step right
beside left, step
left forward
7, 8 Step right
beside left, step
left beside right

**Heel Lifts, Step
Back, Right
Dwights, Slide**

1&2& Touch
right heel front,
lift right heel
across left shin,
touch right heel
front,
lift right heel to
right side (flick)
3, 4 Step back
right, step back
left
5&6& Right toe
to right side,
right heel to
right side, right
toe to right side,
step down on
right
7, 8 Slide left to
right, step down
on left
