

Vanilla

COPPER KNOB
STEP SHEETS

拍數: 0 牆數: 0 級數: Phrased Intermediate
編舞者: Joenan (AUS) - November 2007
音樂: Vanilla (Stockholm Uppsala Remix) - Natalie



Count in: 32 counts, start counting from the heavy beat

Sequence: AB, T4, ABB, T8, BABB, T8

PART A (48 Counts)

SHUFFLE FORWARD, SKATE, SKATE, SHUFFLE FORWARD, ROCK, RECOVER

1&2 Shuffle forward on Right, Left, Right
3-4 Skate diagonally forward on Left, skate diagonally forward on Right
5&6 Shuffle forward on Left, Right, Left
7-8 Rock forward on Right, recover onto Left

STEP BACK, HITCH, ROCK, RECOVER, COASTER STEP, STEP FORWARD, TOUCH

1-4 Step back on Right, hitch Left (Easy option: cross touch Left toes over Right), rock forward on Left, recover onto Right
5&6 Step back on Left, step Right beside Left, step forward on Left
7-8 Step forward on Right, touch Left toes to left side

ROCK, RECOVER, TOUCH, ROCK, RECOVER, HOLD, ROCK, RECOVER, STEP FORWARD

1-4 Rock forward on Left, recover onto Right, touch Left toes to left side, rock back on Left (as you step back look up)
5-6 Recover onto Right (as you recover look down), hold
&7-8 Rock back on Left, recover onto Right, step forward on Left

FULL TURN LEFT, TOUCH, STEP RIGHT, CROSS STEP, STEP RIGHT, STEP BEHIND

1-4 Full turn left on Right, Left, Right, Left (start the turn with stepping back on Right and travelling slightly back)
5&6 Touch Right toes beside Left, step Right to right side, cross step Left over Right
7-8 Step Right to right side, cross step Left behind Right
(Easy option for 5-8: rocking chair)

STEP RIGHT, CROSS ROCK, RECOVER ¼ TURN LEFT, STEP FORWARD, CROSS ROCK, RECOVER, CHASSE RIGHT ¼ TURN RIGHT

1-4 Step Right to right side, cross rock Left over Right, recover onto Right ¼ turn left, step forward on Left
5-6 Cross rock Right over Left, recover onto Left
7&8 Chasse right on Right, Left, Right turning ¼ right

ROCK, RECOVER ¼ TURN LEFT, STEP LEFT ½ TURN LEFT, TOUCH, CROSS ROCK, RECOVER, HIPS UP & DOWN

1-4 Rock forward on Left, recover onto Right ¼ turn left, step Left to left side ½ turn left, touch Right toes to right side
5-8 Cross rock Right over Left, recover onto Left, small step forward on Right and push hips up, small step back on Left and push hips down (bend knees during the hips up and down) (Easy option: replace hips up and down with hip sways Right, Left)

PART B (32 Counts)

FIRST 32 COUNTS OF PART A

1-32 Dance the first 32 counts of Part A

TAGS:

T4 - HIP SWAYS

1-4 Step Right to right side and sway hips right, sway hips left, sway hips right, sway hips left

T8 - HIP SWAYS, HOLD, HIP SWAYS, HOLD

1-4 Step Right to right side and sway hips right, sway hips left, sway hips right, hold

5-8 Step Left to left side and sway hips left, sway hips right, sway hips left, hold

FINISH: You will be facing 9 o'clock at the last T8. To finish the dance to face front wall dance counts 1-4 of T8 with a $\frac{1}{4}$ turn right as you sway.

ENJOY THE DANCE
