

Sand In My Shoes

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Wil Curley (CAN) - January 2008
音樂: Sand In My Shoes - Dido : (Life For Rent)



RIGHT SIDE ROCK CROSS, RIGHT SIDE ROCK CROSS

- 1-2 Right foot side rock, recover left
- 3-4 Right foot cross rock, recover left
- 5-6 Right foot side rock, recover left
- 7-8 Right foot cross rock, recover left

RIGHT ¼ TURN KICK, BACK ROCK, LEFT KNEE OUT-IN, LEFT KICK FORWARD

- 1-2 Right foot side, quarter turn right on left foot, kick right slightly
- 3-4 Right foot back rock, recover left
- 5-6 Right foot beside left with weight, left knee out
- 7-8 Left knee in, kick left foot forward and lift heel of right of right foot

LEFT BACK TOGETHER RIGHT, LEFT FORWARD SHUFFLE, RIGHT MONTEREY

- 1-2 Left foot step back, right together
- 3&4 Left, right, left forward shuffle
- 5-6 Right foot to right side with weight on left, do ½ turn to right on left foot, end with right foot beside left with weight on right
- 7-8 Touch left foot to left side and place beside right with weight

RIGHT MONTEREY, RIGHT ½ TURN JAZZ BOX

- 1-2 Right foot to right side with weight on left, do ½ turn to right on left foot, end with right foot beside left with weight on right
- 3-4 Touch left foot to left side and place beside right with weight
- 5-6 Right foot cross in front of left foot, step back on left foot with weight
- 7-8 On right foot make ½ turn to right with weight, place left foot beside

¼ TURN RIGHT AND TOUCH LEFT, GRAPEVINE TO RIGHT, TOUCH RIGHT, TOUCH LEFT

- 1-2 Step forward on right with weight and pivot ¼ turn and touch left toe out to left side
- 3-4 Step left foot behind right with weight, step right foot beside with weight
- 5-6 Step left foot in front of right with weight, touch right toe out to right side
- 7-8 Step right foot behind left with weight, touch left toe out to left side

TOUCH LEFT TOE, PIVOT ¼ TURN RIGHT, KICK LEFT, ROCK BACK LEFT AND RECOVER, JAZZ BOX IN PLACE

- 1-2 Cross left toe in front of right and touch toe, pivot ¼ turn right on right and kick left foot forward
- 3-4 Rock back on left, recover on right
- 5-6 Cross left foot in front of right, step back right
- 7-8 Step left foot beside right with weight, touch right toe in place

RIGHT PIVOT TURN, LEFT PIVOT TURN, LEFT GRAPEVINE

- 1-2 Step forward right, turn ¼ to right on right foot with weight, touch left toe to left side
- 3-4 Step ½ turn to left on left foot with weight, touch right toe out to right side
- 5-6 Step right foot behind left with weight, step left foot beside right with weight
- 7-8 Step right foot in front of left with weight, touch left toe out to left side

FRONT CROSS AND TOUCH, BACK CROSS AND TOUCH, FRONT CROSS AND ½ TURN, TOUCH AND KICK

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| 1-2 | Step left foot across front of right with weight, touch right toe out to right side |
| 3-4 | Step right foot behind left with weight, touch left toe out to left side |
| 5-6 | Step left foot across front of right, unwind $\frac{1}{2}$ turn to right and end with weight on left |
| 7-8 | Touch right toe in place, kick right foot forward |

REPEAT

RESTART:

On 6th wall of dance after count 32 ($\frac{1}{2}$ turn jazz box), do a 4 count tag consisting of a $\frac{3}{4}$ turn jazz box which puts you back on the front wall, then restart the dance at count 1.
