

My Sister

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Kate Valentin (DK) - January 2008
音樂: My Sister - Reba McEntire : (CD: Room To Breathe)



Intro: 32 Count intro

Section 1: Cross Rock R, Chassé Right, Cross Rock L, Chassé Left.

1 - 2 Cross rock forward on right. Rock back onto left.
3 & 4 Step right to right side. Close left beside right. Step right to right side.
5 - 6 Cross rock forward on left. Rock back onto right.
7 & 8 Step left to left side. Close right beside left. Step left to left side.

Section 2: 2 Paddle turns 1/4 Turn L, Sailor Step R, Sailor Step L 1/4 Turn L.

1 - 2 Step forward right. Pivot 1/4 turn left. (Weight ends on left.)
3 - 4 Step forward right. Pivot 1/4 turn left. (Weight ends on left.)
5 & 6 Cross right behind left. Step left to left side. Step right to place.
7 & 8 Cross left behind right turning 1/4 turn L. Step right to right side. Step left to place.

Section 3: Step, Lock, Lock forward R, Step, Lock, Lock Forward L.

1 - 2 Step forward right. Lock left behind right.
3 & 4 Step forward right. Lock left behind right. Step forward right.
5 - 6 Step forward left. Lock right behind left.
7 & 8 Step forward left. Lock right behind left. Step forward left.

Section 4: Cross, Back, Ball Cross Step Side, Back Rock L, Pivot 1/2 Turn R.

1 - 2 Cross right over left. Step back on left.
&3 - 4 Step ball of right slightly behind left. Cross left over right. Step right on right.
5 - 6 Rock back on left. Rock forward onto right.
7 - 8 Step forward left. Pivot 1/2 turn right

Section 5: Shuffle 1/2 Turn R, Coaster Step R, 4 Hip Sways.

1 & 2 Shuffle step forward making 1/2 turn right, stepping - left, right, left.
3 & 4 Step back left. Step right beside left. Step forward left.
5 - 8 Step to left on left, swaying hips - left, right, left, right.

Section 6: 3 Side Step Back Rocks, Pivot 1/2 Turn L.

1 - 2& Large step on left to left, rock back on right, recover weight on left.
3 - 4& Large step on right to right, rock back on left, recover on right.
5 - 6& Large step on left to left, rock back on right, recover weight on left.
7 - 8 Step forward right. Pivot 1/2 turn left.

Optional Ending (on 7th wall (starting 6 O'Clock, section 6)

Section 6: 3 Side Step Back Rocks, Step forward on right turning 1/4 Turn R

1 - 2& Large step on left to left, rock back on right, recover weight on left.
3 - 4& Large step on right to right, rock back on left, recover on right.
5 - 6& Large step on left to left, rock back on right, recover weight on left.
7 - 8 Step forward on right turning 1/4 turn right. Hold. Throw Arms in the Air

This Dance is Written to my Sister Marianne, who's going through a hard Time right now.
I Love You "Sis".....

I hope all of You will enjoy this Dance...

