

He Is My Lover

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Wanda Heldt (AUS) - April 2008
音樂: Betcha Never - Glennis Grace



Or Music: Country: Again Last Night by Forester Sisters

Section 1: Walk R.L, Rock/Recover, Touch, Rock back, Left Heel, Recover, Touch, Rock back, Left Heel, Hold

1-2 Walk forward Right, Left
3&4 Rock Right, Recover on Left, Touch Right Toe next to Left
&5 Rock back on Right[Lean back Slightly], Touch Left Heel forward
&6 Recover on Left[lean slightly forward], Touch Right Toe next to Left,
&7-8 Rock back on Right[Lean back Slightly], Touch Left heel forward, Hold [Wt. on R]

Section 2: Step, Pivot 1/4 Left, Cross Shuffle, 1/4,1/2 Right Turn, Touch, Step on Right, Step on left and Bump Hips L.R.L

&1-2 Step on Left, Step forward Right, Pivot turn 1/4 Left [Wt. on L] [9]
3&4 Cross Right over Left, Step Left To Left, Cross Right over Left
5 - 6 Step back on Left turn 1/4 right, Sweep Right Toe a 1/2 turn Right on balls of Left, Touch Right next to Left [6]
&7&8 Step right next to Left, Step slightly forward on Left and Bump L Hip [ct.7], Bump R [&], Bump L [ct.8] [Wt.on L]

Section 3: Syncopated 2x 1/4 Monterey Turns, Step, Touch, Unwind, Right Shuffle Forward

1&2 Point Right to Right, Step on Right as you turn 1/4 Right, Point Left to Left [9]
&3 Step Left next to Right, Point Right
&4 Step on Right as you turn 1/4 Right, Point Left to left [12]
&5-6 Step Left next to Right, Touch Right Toe behind, Unwind 1/2 turn Right [Wt.on L] [6]
7&8 Step Right forward, Close Left next to Right, Step Right forward

Section 4: Rock/Recover,Rock/Recover. Left Sailor Step, Rock/Recover/Rock, Left Sailor Step

&1&2 Rock Left, Recover Right, Rock Left, Recover on Right,
3&4 Cross Left behind Right, Step to Right side, Step to Left side
5&6 Rock Right, Recover Left, Rock Right,
7&8 Cross Left behind Right, Step to Right side, Step to Left side

Section 5: Step, Pivot 1/2 turn Left, Right Shuffle Forward, Rock/Recover, Left Coaster Step

1-2 Step forward on Right, Pivot turn 1/2 Left [12]
3&4 Step Right forward, Close Left next to Right, Step Right forward
5-6 Rock forward Left, Recover back on Right
7&8 Step back on Left, Step Right beside Right, Step forward on Left

Section 6: Step Pivot 1/4 turn Left, Right Cross Shuffle, Step, Slide, Hip Bumps

1 -2 Step forward Right, Pivot turn 1/4 Left [Wt. on L] [9]
3&4 Cross Right over Left, Step Left To Left, Cross Right over Left
5-6 Long Step Left, Slide Right next to Left [Wt. on L]
7&8& Hips bumps R.L.R.L

RESTART DANCE: HAVE FUN - DANCE WITH ATTITUDE

