

Don't Get No Sand In It

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Paula Baker (USA) - March 2009
音樂: Don't Get No Sand In It - Billy Pierson : (www.billypiersonmusic.com)



CROSS POINT, 1/4 SAILOR STEP, FULL TURN, MAMBO

1-2 Cross left over right, point right out to side
3&4 Step right behind left making 1/4 turn right, step left to left, step right to right
5-6 1/2 turn right step back on left, 1/2 turn right step right forward (or WALK)
7&8 Rock forward on left, recover on right, step left next to right (3:00)

COASTER, 1/2 TURN RIGHT, 1/2 TURNING TRIPLE, SWEEP X 2

1&2 Step right back, step together with left, forward with right
3-4 Step left forward, make 1/2 turn right (wt. on right)
5&6 Make 1/2 turn right stepping left, right, left
7-8 Sweep right from front to back & step, sweep left from front to back & step

SAILOR STEP 1/4 TURN, STEP TOUCH X 2, JAZZ BOX W/TURN

1&2 Step right behind left making 1/4 turn right, step left to side, step right to side
3-4 Step forward on left, touch right to side
5-6 Step forward on right, touch left to side
7&8 Cross left over right, step back on right, step to left making 1/4 turn left (3:00)

HEEL AND HEEL, SWAY RIGHT & LEFT, HEEL AND HEEL, SWAY LEFT & RIGHT

1&2 Touch right heel forward, step back on right, touch left heel forward
&3,4 Step back on left, and step to right swaying hips right, then left (wt. on left)
&5&6 Step back on right, touch left heel forward, step back on left, touch right heel forward
&7,8 Step back on right, step to left swaying hips left, then right (wt. on right)

Re-start at Wall 5 -- Do first 16 counts of dance and add an "&" count by stepping back on right to start dance over with left.
