

The Proof Is Out

COPPERKNOB
STEP SHEETS

拍數: 32 牆數: 4
編舞者: GYTAL (USA) - May 2009
音樂: Proof - Charlie Allen

級數: Improver / Intermediate



Start on 16 count in just before vocal starts

SYNCOPATED MONTEREY TURN (6:00)

1,2 touch R toe to R side, turn 1/2 to R weight on L foot
3& 4 shift weight to R foot touching L toe to L side, step down on L, touch R toe To R

SYNCOPATED JAZZ BOX

5,6 Cross R over L, Step back on L
&7,8 Step back on R, cross L over R, scuff R heel forward

R TOUCH, TOUCH, R COASTER STEP

9,10 Touch R toe to R instep, touch R toe to R side
11&12 Step back on R, step back on L, step R forward

STEPPING L 1/4 TURN (9:00) TO R , CROSS R BEHIND L, RETURN 1/4 TO L WITH FORWARD L TRIPLE (6:00)

13,14 Step L 1/4 turn to R (9:00), Cross R behind L
15&16 step L 1/4 turn to L (6:00) forward triple (L,R,L)

ROCK FORWARD ON R, RECOVER BACK ON L, TURN 1/2 TO R TRIPLE (12:00) STEP L 1/4 TO R (3:00) STEP R TO R SIDE, L CROSSING TRIPLE

17,18 Rock forward on R, recover on L
19&20 step R 1/4 turn to R, step L next to R, step R 1/4 turn to R (12:00)
21,22 Step L forward turning 1/4 (3:00)to R step R to R
23&24 Cross L over R, step R to R, Cross L over R

SWAY R, SWAY L, R SAILOR STEP, TOUCH L TOE BEHIND R FOOT TURNING 1/2 TO L(9:00), SHIFTING WEIGHT TO L FOOT, R KICK BALL CHANGE.

25,26 Sway hips to R, sway hips to L
27&28 Step R behind L, step L to L, Step R next to L
29,30 Touch L toe behind R foot, turn 1/2 to L (9:00) Shifting weight to L foot
31 & 32 Kick R foot forward, step on ball of R foot, Step L forward

Begin Again