

Lover - You Let Me Down

COPPER KNOB
STEPSHEETS

拍數: 100 牆數: 2 級數: Phrased Higher Intermediate
編舞者: Michael Vera-Lobos (AUS) - June 2010
音樂: Giddy On Up - Laura Bell Bundy



Sequence: AB, TAG, AB, A, SHORTB, THEN B TO COUNT 94 + FINISH

PART A

(1-8) CROSS SCUFF, OUT OUT, SAILOR ¼ R, STEP FWD, ½ PIVOT R, LOCK SHUFFLE FWD

1&2, 3&4 Cross Scuff R over L & Step R out to R, Step L out to L, Sailor ¼ R Stepping R,L,R (3:00)

5-6, 7&8 Step fwd L, Pivot ½ R, Lock Shuffle fwd L Stepping L,R,L With Attitude (9:00)

(9-16) STEP FWD, ½ PIVOT L, STEP FWD ¼ PIVOT L, R HEEL & L HEEL & STEP FWD, STEP FWD

1-4 Step fwd R, Pivot ½ L, Step fwd R, Pivot ¼ L (12:00)

5&6&7-8 Touch R heel across L & Stepping R to R Touch L heel across R & Step L beside R, Step fwd R, Step fwd L

(17-24) DIAGONAL LOCK SHUFFLE BACK, FULL SPIN BACK L, COASTER CROSS CORNER R & BEHIND & HEEL

1&2,3-4 Travelling back Diagonal R Lock shuffle back R,L,R, Turn ½ L on L, Turn ½ L on R (12:00)

5&6&7&8 Coaster Cross L to R Corner Stepping L,R,L over R & Step R to R straighten to 12:00, Cross L behind R & Step R to R, Touch L heel 45 deg L (11:00)

(25-32) BALL CROSS, STEP SIDE, SAILOR ¾ R, STEP FWD L, ½ PIVOT R, FULL SPIN FWD R

&1-2, 3&4 Stepping L to L, Cross R over L (straighten 12:00), Step L to L, Sailor ¾ R Stepping R,L,R (9:00)

5-8 Step fwd L, Pivot ½ R (3:00), Full Spin fwd R stepping L then R (3:00)

(33-40) LUNGE FWD, REPLACE, STEP BACK & ½ R , STEP FWD, LUNGE FWD, REPLACE , STEP BACK & ¼ L, CROSS

1-2,3&4 Lunge fwd L, Replace wt on R, Step back on L & Turn ½ R on R, Step fwd on L (9:00)

5-6,7&8 Lunge fwd R, Replace wt back on L, Step back on R & Turn ¼ L on L, Cross R over L (6:00)

(41-48) SIDE LUNGE, REPLACE, ½ HINGE L SIDE SHUFFLE L, ROCK FWD, REPLACE, 1 ½ TRIPLE R

1-2, 3&4 Side Lunge L to L, Replace wt on R, ½ Hinge L Side Shuffle L (12:00)

5-6, 7&8 Rock fwd, Replace, 1 ½ Triple back R stepping R,L,R (6:00)

PART B

(49-56) CROSS & HEEL & CROSS & ¼ HEEL R & KICK BALL STEP FWD, TWIST HEELS R & CENTRE, TWIST R ¼ L

1&2&3&4 Travel fwd – Cross L over R & Step R to R, Touch L heel 45 deg L & Stepping onto L Cross R over L & Turning ¼ R Stepping back on L Touch R heel fwd (9:00)

&5&6 Stepping onto R Kick L fwd & Stepping L beside R Step fwd on R (9:00)

7&8 Twist heels R & Twist Heels to centre, Twisting heels R Turn ¼ L (End wt R facing 6:00)

(57-64) BEHIND SIDE CROSS, SIDE ROCK CROSS, ¼ R, ¼ R FWD, FULL TRIPLE SPIN FWD R

1&2,3&4 Travel R – Cross L behind R & Step R to R, Cross L over R, Side Rock R to R, Replace wt L, Cross R over

5-5-5-6,7&8 Turning ¼ R Step back on L, Turning a further ¼ R Step fwd onto R (12:00), Full triple Spin fwd R (L,R,L)

(65-72) CROSS & HEEL & CROSS & ¼ HEEL L & KICK BALL STEP FWD, TWIST HEELS L & CENTRE, TWIST L ¼ R

- 1&2&3&4 Travel fwd – Cross R over L & Step L to L, Touch R heel 45 deg R & Stepping onto R Cross L over R & Turning ¼ L Stepping back on R Touch L heel fwd (9:00)
- &5&6 Stepping onto L Kick R fwd & Stepping R beside L Step fwd on L (9:00)
- 7&8 Twist heels L & Twist Heels to centre, Twisting heels L Turn ¼ R (End wt L facing 12:00)

(73-80) DIAGONAL BACK / DRAG, BALL CROSS, ¼ R, ¼ R HIP R & HIP L, HIP R ¼ R, ¼ R HIP L & R, ¼ R HIP L

- 1-2&3-4 Step back R on Diagonal 11:00, Drag L towards R & Stepping L to L (straighten 12:00), Cross R over L, Turn ¼ R Stepping back on L (3:00)
- 5&6,7&8 Turning ¼ R Step R to R pushing Hip R & Push Hip L, Push Hip R turning ¼ R on R (9:00), Turning a further ¼ R Step L to L pushing Hip L & Push Hip R, Turning a further ¼ R Push hip L stepping back on L (3:00)

(81-88) BALL STEP, STEP FWD, STEP FWD, ½ PIVOT R, LOCK SHUFFLE FWD L, FULL SPIN FWD L

- &1-4 Stepping back on ball of R foot Push fwd onto L, Step fwd on R, Step fwd L, Pivot ½ R (9:00)
- 5&6,7-8 Lock Shuffle fwd L Stepping L,R,L, Full Spin fwd L Stepping on R then L (9:00)

(89-96) OUT OUT , TAP BESIDE/CLICK R, STEP FWD, ¼ PIVOT L, CROSS SAMBA FWD, CROSS SAMBA

- &1-2 Step feet Out out Stepping R then L, Tap R beside L whilst Clicking R hand
- 3-4 Step fwd R, Pivot ¼ L (End Wt L facing 6:00)
- 5&6, 7&8 Cross Samba fwd on R Stepping R,L,R, Cross Samba fwd on L Stepping L,R,L

(97-100) STEP FWD, ½ PIVOT L, STEP FWD ½ PIVOT L

- 1-4 Step fwd R, Pivot ½ L, Step fwd R, Pivot ½ L (6:00)

TAG: At the end of Wall 1 add the following 8 counts

(1-8) CROSS ROCK, REPLACE, 1 ¼ TRIPLE R, STEP FWD, ¾ PIVOT R, SIDE SHUFFLE L

- 1-2, 3&4 Cross Rock R over L, Rock back on L, Triple Spin 1 ¼ R Travelling R (9:00)
- 5-6, 7&8 Step fwd L, Pivot ¾ R (End facing 6:00 wt on R) Side Shuffle L Stepping L,R,L (6:00)

RESTART: On Wall 3 Dance to count 80 & Restart Dance from Part B Stepping onto R on the & Count (3:00)

FINISH: Dance to count 94 & Add the following Steps

- 7&8 Cross L over R & Turning ¼ L Step back on R, Touch L heel fwd
- &1-2 & Stepping L beside R, Step fwd on R, Drag L towards R

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