

Hands All Over

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Michele Perron (CAN), Ruben Luna (USA) & Tajali Hall (CAN) - October 2010
音樂: Give a Little More - Maroon 5 : (CD: Hands All Over)



Introduction: 24 Counts, begin on lyrics

Sec 1: SIDE, BEHIND, TURN, TURN, KNEE POPS, SIDE, BEHIND, TURN, BESIDE, KNEE POPS

1-2 Right Step side R, Left step crossed behind R
&3 Turn 1/4 R with Right Step forward (3:00), Turn 1/4 R with Left Step side L (6:00)
&4 Pop knees forward (heels up), Straighten knees (heels down, weight on L)
5-6 Right Step side R, Left Step crossed behind R
&7 Turn 1/4 turn R with Right Step forward (9:00), Left Step beside R
&8 Pop knees apart (heels up), Straighten knees (heels down, knees together, weight on L)

Sec 2: FORWARD, HOLD, & FORWARD, HOLD, OUT, OUT, BACK, TURN, BEHIND, TURN

1-2 Right Touch forward, Hold
&3-4 Right Step back, Left Touch forward, Hold
&5-6 Left Step side L, Right Step side R, Left Step back
7&8 Turn 1/4 R with Right Step side R (12:00), Left Step crossed behind R, Turn 1/4 R with Right Step forward (3:00)

Sec 3: LEFT, RIGHT "SKATES", 1/4 TURN SAILOR STEP, TURN, TURN

1 &2 Left Slide/step side L, bring Right toe/ball beside L, Right Slide/step side R
3&4 Left Step crossed behind R with Turn 1/4 L, Right Step side R, Left step side L (12:00)
5-6 Right Step forward, Turn 1/2 L with Left Step forward (6:00)
7-8 Right Step forward, Turn 1/4 L with Left Step side L (3:00)

Sec 4: FORWARD, FORWARD, BALL STEP, SYNCOPATED HEEL TWISTS, BACK, BACK, L SCISSOR STEP

1-2 Right Step forward, Left Step forward
&3 Right Toe/Ball step forward, Left Toe/ball forward & behind R heel
&4 Twist heels to R & face L diagonal, Twist heels to L & face front, weight on R
Note: Knees straighten, heels lift up on 1st twist ("&") lower heels & knees bend on 2nd twist ("4")
5-6 Left Step back, Right Step back
7&8 Left Step side L, Right Step beside L, Left Step across front of R

Sec 5: ROCK, RECOVER, CROSSING TRIPLE, ROCK, TURN/RECOVER, FORWARD TRIPLE

1-2 Right Rock/Step side R, Left Recover/step side L [in place]
3&4 Right Step across front of L, Left Step side L, Right Step across front of L
5-6 Left Rock/step side L, Turn 1/4 R with Right Recover/step forward [in place] (6:00)
7&8 Left Step forward, Right Lock/step forward & behind L, Left Step forward

Sec 6: ROCK, RECOVER, HITCH, TURN LUNGE, ROCK, RECOVER, CROSSING TRIPLE

1-2 Right Rock/step forward, Left Recover/step back [in place]
3-4 Hitch right knee with slight lift, Turn 1/4 R with Right large Step side R (9:00)
Note: Count 4: R knee bends, L leg straight; in a "side lunge" position
5-6 Left Rock/step side L, Right Recover/step side R [in place]
7&8 Left Step across front of R, Right Step side R, Left Step across front of R

Sec 7: STEP, DRAG, SYNCOPATED ROCK/RECOVER/BACK, 1/8 TURN, SIDE, ACROSS, SIDE, ACROSS

1-2 Right large Step forward diagonal R (10:30), Left drag to R (weight on R)

3&4 Left Rock/step forward diagonal R, Right Recover/step back [in place], Left Step back diagonal

5-6 Turn 1/8 R with Right Step side R (12:00), Left Step across front of R

7-8 Right Step side R, Left Step across front of R

Styling: Swing R arm to R side & Snap fingers on "5" and "7", Swing R arm across body to L side on "6" and "8"

Sec 8: TURN, TURN, BACK COASTER, TOUCH,HOLD, & WALK, WALK

1-2 Turn 1/4 R with Right Step forward (3:00), Turn 1/2 R with Left Step back (9:00)

3&4 Right Step back, Left Step back & beside R, Right Step forward

5-6 Left Touch forward, Hold

&7-8 Left Step beside R, Right Step forward, Left Step forward

Begin Again

Bridge: TURN TOUCH X 4; 8 Counts: occurs at the end of wall 2 (facing 6 o'clock wall)

1-2 Turn 1/4 L with Right Step back & crossed behind L, Left Touch beside R (3:00)

3-4 Turn 1/4 L with Left Step forward, Right Touch beside L (12:00)

5-6 Turn 1/4 L with Right Step back & crossed behind L, Left Touch beside R (9:00)

7-8 Turn 1/4 L with Left Step forward, Right Touch beside L (6:00)

Ending: Execute 1/4 Turn R to face front with Left Step side L in last section.

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