

Sweet Helloah

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 4 級數: Smooth Improver
編舞者: Sebastiaan Holtland (NL) - March 2011
音樂: Hello, I Love You - Eight to the Bar : (CD: You Call This Swing! 2005)



12 count intro start on the word "Hello" (06 Sec)

[1-8] Fwd, Side, Sailor Fwd, Behind, 1/4 Turn R, Fwd, Fwd, 1/4 Pivot L

1-2 Step forward on Rf, turn 1/4 to right (3) step Lf to the left
3&4 Step Rf behind Lf, step Lf to the left, step forward on Rf slightly diagonal
5&6 Step Lf behind Rf, turn 1/4 to the right (6) step forward on Rf, step forward on Lf
7-8 Step forward on Rf, turn 1/4 to the left (12) take weight onto Lf

[9-16] Cross, 1/4 Turn R, Back, 1/4 Turn R, Side, Touch, & Cross, Unwind 1/2 L, Behind, Side, Cross

1-2 Cross Rf over Lf, turn 1/4 to the right (6) step back on Lf
3-4 Turn 1/4 to right (9) step Rf to the right, touch Lf beside Rf
&5-6 Step Lf to the left, cross Rf over Lf, unwind 1/2 to left (3) take weight onto Rf
7&8 Step Lf behind Rf, step Rf to the right, cross Lf over Rf weight onto Lf (3:00) (Behind, Side, Cross)

[17-24] & Side, Touch, Hold, & Cross, Side, Sailor Step, Sailor Step with 1/4 Turn R

&1-2 Step Rf to the right, touch Lf beside Rf, HOLD (3:00)
&3-4 Step Lf to the left, cross Rf over Lf, step Lf to the left weight onto Lf
5&6 Step Rf behind Lf, step Lf to the Left, step Rf to the right weight onto Rf (Sailor Step)
7&8 Step Lf behind Rf, turn 1/4 to right (6) step forward on Rf, step forward on Lf weight onto Lf

[25-32] 1/2 Pivot L, Fwd, 1/2 Turn R, Back, Ankle Rock (Ankle Roll), Ankle Rock (Ankle Roll)

1-2 Step forward on Rf, turn 1/2 to left (12) take weight onto Lf
3-4 Step forward on Rf, turn 1/2 to right (6) step back on Lf weight onto Lf
5&6 Locked Rf behind Lf take weight onto Rf, recover on Lf, recover on Rf (Ankle Rock R)
7&8 Locked Lf behind Rf take weight Lf, recover on Rf, recover on Lf (Ankle Rock L) (6:00)

[33-40] Walk, Walk, Rock / Recover, 1/2 L, 1/4 L, Back Rock / Recover,

1-2 Stepping forward on Rf, stepping forward on Lf weight onto Lf (6)
3-4 Rock forward on Rf, recover on Lf
5-6 Turn 1/2 to right (12) step forward on Rf, continue a 1/4 turn to right (3) step Lf to the left
7-8 Rock back on Rf, recover on Lf weight onto Lf (3:00)

[41-48] Side Point, Fwd, Side Point, Together, 1/2 Monterey R

1-2 Point Rf out to right, step forward on Rf (3)
3-4 Point Lf out to left, step Lf beside Rf take weight onto Lf
5-6 Point Rf out to the right side, pivot 1/2 right (9) step Rf beside Lf
7-8 Point Lf out to the left side, step Lf beside Rf take weight onto both feet (9:00)

Start Again, Enjoy

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