

Sweet Distraction

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Steve Lustgraaf (USA) & Letha Blackford (USA) - March 2011
音樂: Sweet Distraction - David Adam Byrnes



Choreographed at the NTA Dance Camp 2011

Start on vocals.

Cross, side, sailor, cross, side, behind, turn, step

1-2 Step R across L, step L side left
3&4 Step R behind L, step L side left, replace R next to L
5-6 Step L across R, step R side right
7&8 Step L behind R, make ¼ right and step on R, step L forward

Rock, recover, triple with ½ turn right, out, out, in, in, hip bumps

1-2 Rock R forward, recover L
3&4 Make ½ turn right stepping R, L, R
&5 Step L slightly out left, step R slightly out right
&6 Step L in, step R in
7&8 Bump hips left, right, left

Restart here on walls 4, 9 and 12

Rock, recover, coaster step, rock, recover, coaster step

1-2 Rock R forward, recover L
3&4 Step R back, L next to R, step R forward
5-6 Rock L forward, recover L
7&8 Step L back, R next to L, step L forward

Pivot turn X 2, jazz box

1-2 Step R forward and pivot ½ left
3-4 Step R forward and pivot ½ left
5-6 Step R across L, step L back
7-8 Step R side right, step L slightly forward

TAG: 4 count tag at the end of wall 12 (which is a restart wall – do 16 counts, then tag):

&1 Step L slightly out left, step R slightly out right
&2 Step L in, step R in
3&4 Bump hips left, right, left

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